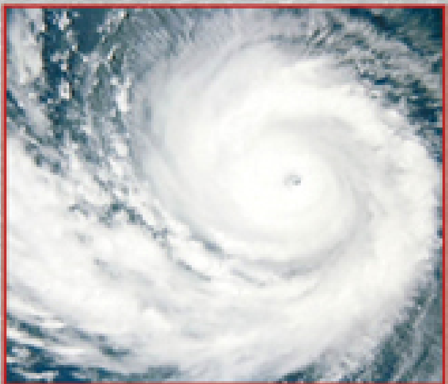




MODERN SURVIVAL

HOW TO COPE WHEN EVERYTHING FALLS APART

BARRY DAVIES


WARNING: INCLUDES GRAPHIC IMAGES

MODERN SURVIVAL

HOW TO COPE WHEN EVERYTHING FALLS APART

Barry Davies

Skyhorse Publishing

10 9 8 7 6 5 4 3 2 1

Library of Congress Cataloging-in-Publication Data

Davies, Barry, 1944-
Modern survival : how to cope when everything falls apart / Barry Davies.
p. cm.
ISBN 978-1-61608-552-0 (pbk. : alk. paper)
1. Survival–Handbooks, manuals, etc. 2. Survival and emergency equipment–Handbooks, manuals, etc. I. Title.
GF86.D378 2011
613.6′9–dc23
2011043764

ISBN: 978-1-61608-552-0

Printed in China

Disclaimer

The Author and the Publishers offer in good faith the information regarding the survival skills and techniques described in this book. They point out that some of these may be dangerous in certain circumstances. Therefore, they disclaim any liability for any injury which may result from employing these skills and techniques.

Readers should also note that these skills and techniques are for use in the context of emergency survival situations only. When practicing any of these skills and techniques, the relevant laws of the State, as well as all individual rights, must be strictly observed. The Author and the publisher are unable to accept any responsibility for proceedings of use, correct or otherwise, of these skills and techniques.

Before I undertook this project, I took serious legal advice regarding the reproduction of the photographs in this book. I have complied with the law and the various regulations required by other bodies. Where I do not hold the rights to the original, I have the owner′s consent, or this consent has been published within their website. Where there has been doubt as to ownership, every reasonable effort has been made to locate the true owner of each picture.

Finally, the pictures in this book will hopefully help save the lives of many people, and for all those who have contributed, knowingly or unknowingly, I thank you.

CONTENTS

DISASTER

It strikes anytime, anywhere. It takes many forms–a hurricane, an earthquake, a tornado, a flood, a fire, or a hazardous spill, an act of nature or an act of terrorism. It builds over days or weeks, or hits suddenly without warning. Every year, millions of Americans face disaster and its terrifying consequences. (FEMA)

INTRODUCTION AND OUTLINE CONCEPT

I was commissioned to write a modern survival book relating to disasters by Skyhorse Publishing at the start of February 2011. Most of my previous ‘survival’ books have been written along military lines, designed for those that challenged the great wild open spaces of our planet. You may ask yourself, “why the change of direction?” It’s simple. The date is March 15, 2011, and there are earthquakes, tsunamis, floods, hurricanes, tornados, volcanic eruptions, wildfires, landsides, famine, unstable nuclear reactors, and wars killing or threatening millions of people around the world at this very moment. So, the purpose of this new book is to make ‘survival’ constructive and allow those that do endure a disaster to live on.

A month into the book, on Friday, March 11, 2011, at 2:46 in the afternoon, the largest recorded earthquake hit eighty miles off the Northeast coast of Japan. The resulting tsunami swept inland, causing unimaginable loss of life and damage. As it happened, television channels beamed the devastation around the world, flooding our homes with visual images of disaster. Sitting in my living room in the beautiful country of Spain, it was hard to comprehend the scale of the catastrophe, imagining the personal torment that would follow: the loss of loved ones, homes crushed under waves of sludge, and all the pain and agony that these people were going through. So great is the devastation, this book will be long finished before the Japanese people have recovered to anywhere near normal.

Japan, a nation known for being prepared for earthquakes, was caught off guard, and the resulting tsunami swept away entire villages under a sea of matchwood which drove inland. Unlike the flood that happened in Indonesia in December of 2004, which cost an estimated 150,000 lives, Japan had an early warning system in place–unfortunately, it still was not enough. As the alarm sounded, many took to their cars and headed inland for higher ground. The roads became blocked, and people simply drowned in their cars. To avoid further danger, and within minutes, most of Japan's nuclear reactors were shut down–unfortunately, it still was not enough. Some of the nuclear reactor plants were damaged and quickly became unstable; backup generators designed to cut-in should a five meter tsunami hit, were overwhelmed by the seven meter waves that swamped the generators. With no electrical power to pump the water that was needed to cool the reactors, and with back-up batteries that only had a life span of nine hours, Japan was in serious trouble.

I have spent a lifetime first learning, and then teaching survival skills. By serving for many years in Britain's Elite Special Forces, the SAS, I have learned to face death and the fear of death. I have traveled and operated in almost every part of the world where I have seen people survive on less than nothing in the most adverse conditions; I have battled in many small wars, and seen the devastation thrust upon innocent civilians. For the past twenty-seven years, I have worked as a consultant for the world's largest supplier of 'survival equipment,' BCB International Ltd. Almost every aircraft, ship or Special Forces soldier in the Western Hemisphere and beyond, holds a survival kit supplied by BCB International Ltd. So it is with these skills that I write a modern survival book. Even if it helps save the life of just one person in the future, it will be worth it.

Disasters, both natural and man-made, happen on a regular basis. When we witness the destructive power

produced by a combination of an earthquake and tsunami, it simple highlights how vulnerable we are to Mother Nature and the folly of the human race. After each disaster or war, we always say the same thing, “this can never be allowed to happen again!” But it does, and on a regular basis, showing that we rarely learn from history.

In January 2010, more than 230,000 people were killed when a 7.0 magnitude earthquake struck Haiti. Soon after that, there was an outbreak of cholera which produced another 3,333 deaths. Two years before, about 70,000 people were killed and 18,000 people were reported missing after a 7.9 magnitude earthquake struck Sichuan, China; while in December 2004, an earthquake with a magnitude of 9.0 triggered a tsunami that swept through the coastal regions of a dozen countries bordering the Indian Ocean. The death toll has been estimated at between 225,000 and 275,000. Of the half-million dead in just six years, over 28,000 were known to have been tourists or travelers. While these disasters account for many deaths, suffering has many faces; in January 2011, some 77,000 were trapped in Queensland, Australia, by the worst flooding in over 100 years. There was little or no warning for any of the above, little preparation, and for many, little chance of survival.

Apart from natural disasters, many men and women have found themselves in danger from a ‘War Zone,’ which in itself is a man-made disaster. Each year, thousands of brave young men and women in our armed forces risk their lives in Afghanistan, Iraq, Sudan, India, and Yemen, just a few of the countries currently suffering from war. As of the first of January 2011, the war in Afghanistan alone has taken the lives of 2,284 men and women; of these, 1,797 were either American or British, and many died or were severely injured from Improvised Explosive Devices (IEDs). Unfortunately, these war zones are not fought on battlefields, but in cities where the population cowers as their homes and families are destroyed. In the aftermath, the survivors bury their

dead, look for water and a safe place to shelter; disease and famine swiftly follow. Most of these people are innocent of any crime or misdoing, and are simply considered ‘collateral damage.’

Strangely enough, the civil war in Libya started in February 2011, the same time as I started this book. The book is finished as is the war, with a death toll in excess of 10,000. So let us forget about survival books that are written for those who brave the great outdoors, and concentrate on what can be done should you find yourself in a disaster zone.

Survival is a basic instinct and generally means that something, usually unplanned, has happened that is a threat to your life. In such a case, we find ourselves in a totally unknown and unexpected situation or environment from which there is no immediate solution. The first day I walked into the barracks of the British Special Air Service (SAS) Regiment, I saw a sign that stated ‘Knowledge Dispels Fear.’ In this book, you will find why disasters happen, how to prepare for them, and how to survive. You will learn many new survival techniques, and hopefully, you will never have to use them; but always remember the words: ‘Knowledge Dispels Fear.’

The advice in this book has been gleaned from many sources, all of which are relevant to the possible danger. For example, advice on how to survive a tsunami came from the people of Japan, and the survivors from Haiti explain how they escaped the devestating earthquake. From the soldiers operating in Afghanistan and Iraq, the advice on Improvised Explosive Devices (IEDs) came from the British or American military. For the rest, BCB International Ltd., of Cardiff, UK, whose knowledge base of survival is second to none, supplied all the relevant technical detail on equipment and techniques. To Professor Stephen Prior of Middlesex University, a fellow military observer, for his prodigious

support. I thank each and every person that has contributed to this book.

FEDERAL EMERGENCY MANAGEMENT AGENCY (FEMA)

Having called on many agencies and organizations for advice or information, the one I found most useful was the Federal Emergency Management Agency (FEMA). FEMA can trace its origins back to the Congressional Act of 1803; an Act considered to be the first piece of disaster legislation. Since then, various legislations have been passed in response to earthquakes, hurricanes, floods, tornadoes, and other natural disasters. There were massive disasters in the late 1960s and early ’70s which required a federal response to recovery operations. Yet, the responses remained fragmented with more than 100 agencies becoming involved in various disasters. President Carter’s 1979 Executive Order #12127 merged many of the separate disaster-related responsibilities into the Federal Emergency Management Agency. In March 2003, FEMA became part of the American Department of Homeland Security (DHS), and billions of dollars of funding were provided to encompass an ‘all-hazards approach’ for FEMA.

FEMA’S MISSION STATEMENT

FEMA’s mission is to support our citizens and first responders to ensure that as a nation we work together to build, sustain, and improve our capability to prepare for, protect against, respond to, recover from, and mitigate all hazards.

Chapter 1

PERSONAL REQUIREMENTS FOR DISASTER SURVIVAL



The earth is changing–while it could be nature, man is still making a mess.

When a major disaster happens and you are caught in the middle of it, you quickly realize that you’re nothing more than a speck of dust at the mercy of nature. The aim of writing this book is to provide some clear guidelines which, in the

worst case scenario, will act as a catalyst, should the reader find themselves in a disaster situation, either natural or man-made. In the past, I have written several survival books, and while I am proud of these, they are more formal in their structure towards survival techniques. With *Modern Survival*, I want to go beyond this structure and offer genuine advice that will help and assist anyone who is caught up in an unforeseen situation.

So what situations are we talking about? Well, you could have been a tourist on the beaches of Thailand in 2004. You may have been an aid worker in Haiti during the massive earthquake of 2010; likewise, you may have been a fisherman on the Northeast coast of Japan on March 11, 2011. Conversely, you could simply be a soldier doing your patriotic duty in Afghanistan, Iraq, or any of the many countries currently in conflict. It is not just the soldiers that are in danger, as each year, thousands of families and ordinary people become ensnared in various 'War Zones.' In all of these cases, you would have experienced a disaster firsthand.

WHY ARE WE IN DANGER?

Make no mistake, we are in danger because natural and man-made disasters (including wars), seem to be escalating and affecting an increasingly large number of people throughout the world. Major efforts have been made to make sure we are better prepared for, and are able to prevent serious deaths from, such disasters. While the cause of many natural disasters has not been accurately established, the role of humans in climate change is starting to come to the forefront.

The world's climate varies naturally as a result of three main attributes:

1. The way the ocean and the atmosphere interact with each other.
2. Changes in the earth's orbit.
3. Changes in energy received from the sun.

Now there is strong evidence that global warming is not due just to natural causes, but as a result of human behavior.

In 1966 I would fly to Asia, and, to alleviate the boredom of such a long flight, I would often look out the aircraft window. On occasion, I could see a small cluster of lights indicating a small village or town. By comparison, in 2011, if you took the same flight to Asia, all you would see are billions of burning lights from homes and floodlit streets. Have you ever felt the amount of heat a single light bulb generates? Imagine the heat from several billion light bulbs. I am not saying light bulbs are responsible for global warming, I merely wish to point out the difference in the amount of heat being produced over the past forty-five years, from one single source. Thus, the concentration of CO_2 in the earth's atmosphere is now higher than at any time than in the past 800,000 years.

Additionally, since the 1960s, there has been a massive rise in population, especially in the developing nations, up to tenfold in the past 100 years. For example, in 1950, there were around two and one-half billion people on the planet. Today, we are touching seven billion, with almost a third living in India and China.

There is also some disparity in the amount of deaths caused by disasters. For example, between 1980 and 2002, India experienced fourteen earthquakes that killed a total of 32,117 people, while the United States experienced eighteen earthquakes that killed only 143 people. A disproportionate share of the deaths caused by such environmental disasters took place in nations whose incomes were below $760 per-capita (IPCC 2001). In 1999, Kofi Annan, Secretary General of the United Nations, made this statement:

Author's Note: I am not a scientist, and I do not proclaim to be an alarmist on climate change, but one thing I do know is that people are producing too much heat. We are

told that the planet is becoming hotter due to the so-called ‘greenhouse gases,’ which are necessary to sustain life on earth. Like the glass walls of a greenhouse, they let the sun’s rays enter, but stop some of the heat from escaping, keeping the planet warm enough to sustain life. The problem is that the number of people is increasing, which causes more greenhouse gases to be released into the atmosphere thus encouraging the greenhouse effect to become stronger. More heat is trapped, and the earth’s climate begins to change unnaturally.

“Ninety percent of the disaster victims worldwide live in developing countries where poverty and population pressures force growing numbers of poor people to live in harm’s way on flood plains, in earthquake prone zones and on unstable hillsides. Unsafe buildings compound the risks. The vulnerability of those living in risk prone areas is perhaps the single most important cause of disaster casualties and damage.”



Nuclear plant at Prypait, Ukraine. (Source: Russian Government)

As for man-made disasters, we have had the odd nuclear reactor meltdown, the odd chemical leak, and more than the odd war or two. The largest industrial disaster on record happened in Bhopal, India, when a faulty tank containing poisonous methyl isocyanate escaped at the American-owned Union Carbide plant. The death toll was estimated to be between 4,000 and 20,000. Those that have visited India will understand why these estimated figures are so wide, as there are people everywhere, and many so poor that they are not even counted. In April 1986, the Russians lost control of the Chernobyl nuclear plant in Prypait, Ukraine. Some fifty people were killed by a steam explosion, and an estimated 4,000 additional cancer deaths in the years that followed. While we have learned not to stage world wars, we still face many small and costly (in terms of lives) wars around the planet. Most are to depose a dictator, or what the Western nations would term as 'repressive regime,' or some invader looking for more territory or assets (such as oil). For whatever reason, wars, no matter how big or small, kill many innocent people and disrupt millions of lives.

So here we are, faced with a disaster, injury, or death, and an uncertain future. The question then lies, "What are we to do?" Remember the motto, 'Knowledge Dispels Fear.' If nothing else, this should be a catalyst to get you thinking.

THE REALITY OF A DISASTER

Thousands Killed
Millions Homeless
The Threat of Disease
Costs Running into the Billions

These are the headlines we read or watch daily on our television sets. What we don't get from the media is the feeling that these poor souls are actually suffering. For some people, such as those living in Mogadishu, war, famine, and death are an everyday nightmare. They are forced by circumstance to live and bear with it, as they have no other options.

When disasters hit people who live in an organized and serene society, the effect is one of amplified disbelief. Your mind goes into shock, you can't believe what just happened, and chaos continues to happen all around you. Your head clears only to be confronted by a mass of dead people swirling around you, and you feel like you should do something, but what can you do? Others join you and you don't feel so bad. You talk eagerly to each other, telling of your experiences; you relish in the fact that you're not the only one left alive.

Then the darkness falls. There is no power and no lights, except for an odd torch or lantern that someone has managed to get going. The darkness seems to be pitch black, and to make matters worse, there is no sound, no cars, no radios, or music blasting. There's near silence, and the only thing you can hear is the crying of a baby. The babies cry all the time. You stay with the others to be safe. Around 11:00 p.m. there is another aftershock, a warning that it's not over yet. In the dark, your mind plays tricks on you. It's cold and you want to sleep, to rid yourself of the nightmare; even for a few hours. You rest your head on the hard surface of the park, with nothing but the clothes you stand up in for protection. You are cold.

During the night, you hear someone crying. The reality is that their family and home are gone, and their emotions are overcome and they need comfort. You do not move, as you have your own problems to deal with. Thoughts of your mother and father suddenly fill your mind–did they survive, and if so, where are they? Now you want to cry. You get some sleep but it is restless and you awake early to the sound of a helicopter passing overhead. More have joined your group in the night; some are jumping and waving in order to attract the pilot's attention. It does not stop.

The man next to you has a small bottle of water from which he drinks; it suddenly dawns on you that you have no food or water. You convince yourself that you are neither hungry nor thirsty. Later on, your stomach lets you know that it's time to eat, and you search your pockets, finding nothing; you need to

find food and water. Your group has now grown to almost thirty members, two of which are seriously injured. There is still no sign of the emergency services or the army. A few of your group are huddled together; you join them to see what is happening. They want to send a few people out to find water and food and possibly some medical supplies. You volunteer.

The 7/11 store is gone, but several self-service machines, although damaged and lying on their side, look full. You make a grab for a brightly colored candy bar and instantly rip away the paper. It’s like eating the most wonderful food on earth. One of the others offers you a bottle of water; you smile for the first time since the disaster struck. It does not cross your mind that you are looting. The weather is warmer today and the sun shines.



Survivors in Japan.

Later on, you find a café that is untouched and the owner is serving around a dozen people; your group rushes over to eat and drink. The owner is happy to serve you, but you have no money. Thankfully enough, he will give you what he has. Soon, a large number of people arrive and the café is overwhelmed.

The owner shuts up shop to angry exchanges and cries from the people who are hungry.

You spend a second night in the open, made possible by the use of some blankets you found in the ruins of someone's abandoned home. You wake to the smell … it hits your senses like a steam train. The dead are starting to decay. The rotting animal and plant life smell is overpowering and the group decides it must move. While they are discussing where to move to, the flies start to thicken, and within minutes you just want to run. The thought that they feed on dead bodies and then crawl on your face nauseates you.

The steady thud of helicopter blades suddenly breaks the silence. It comes closer; they have seen you and are looking for a suitable place to land. Everyone runs towards the helicopter. You are rescued.

That is the reality you can expect.

PRE-DISASTER

If you live in a country or area prone to natural disasters, it makes sense to formulate a contingency plan. You would be surprised to know that less than 20% of people who live in a disaster prone area actually prepare for such an event. Less than 10% discuss the possibility with their family, and hardly anyone makes a 'Disaster Grab Bag.' It is estimated that 100 million people still live in an earthquake zone, and over 500 million are affected by war and civil strife. It is now July 2011 and more than 13,000 people have been killed in the civil conflict in Libya, but I am pleased to say that it looks like Gaddafi is beaten.

For those that live in an area prone to natural disaster, it is also essential to know and understand the warning sounds and systems that are in place within your country. Likewise, you should also learn how and when the emergency services provide announcements, in particular to the severity and impact that you can expect. You should know how to contact your emergency services, and know who the local coordinator is. But most importantly, you, your family, and your neighbors

need to have a reunification plan. It is also prudent to train members of your family and neighbors in basic life saving techniques and first aid.

Equally, wars do not start without some warning, and while this warning may be just a few days' notice, you will know it's coming. When it starts, the basic principles that apply to a natural disaster will still be applicable. If you live in a major town or city, especially one close to a government or military installation, the chances are that you and your family will be unwillingly prompted to take some sort of safety measures. The build up to war is now becoming very clear; political rhetoric, troops deployed, finalizing with shock and awe bombardment. If you wait until the bombs fall, it's most certainly too late.

It does not matter if it's a natural or man-made disaster, as the following points (which will be discussed in detail later in this book) offer you the best solution to survival.

- Emergency Plan.
- Reunification Plan.
- Survival Kit.
- Disaster Grab Bag (for forced evacuation).



Living in a war zone.

Author's note: When making an emergency plan, always take into consideration the following facts:

You generally sleep for eight hours in your bed.

You will generally spend eight hours in your place of employment.

You will spend at least four hours on average in transit, traveling to and from work, shopping in the supermarket, visiting the cinema, etc.

Keep this in mind when you build your emergency plan and base it on your own lifestyle. A reunification plan is needed to reconnect families and friends once the effects of the disaster have subsided or passed. Its main object is to bring together your loved ones, or to know that they are safe.

The survival kit is based on where you are, what type of disaster you are expecting, and how many people you are catering to. Your Disaster Grab Bag is a simple rucksack that contains necessary items, should you be forced out of your home by the authorities or other unforeseen circumstances.

BEHAVIOR

How we behave before, during, and particularly after a disaster is so important to our chances of survival. When a natural or man-made disaster occurs, many male (very few female) individuals turn into predatory animals, preying on those unable to defend themselves. Gangs or thugs, mainly from poor areas, see the disaster as an open license to steal, rape, and murder without consequence.

There was also a marked contrast in behavior between the survivors of the tsunami in Japan compared to those people suffering as a result of the Haiti earthquake or Hurricane Katrina in America. In Haiti and New Orleans, there was an almost immediate descent into barbarity; while after the tsunami in Japan, the Japanese people maintained excellent civil order.

After the flooding that followed Hurricane Katrina in August 2005, the situation in New Orleans became so bad that the National Guard had to carry weapons to enforce order. Evacuation centers became nightmares of violence and lawlessness, and televisions screened images of looters making off with shopping trolleys full of plasma televisions and other luxury items. In Haiti, tent cities set up for the quake victims became scenes of mass rape and murder. During my research, these are just a few of the personal eyewitness accounts.

> “We drove around once and it was like the Wild West,” she said. “There were looters everywhere. I went in a convenience store looking for hand wipes and there were these guys in there breaking down the walls trying to get to the safe.”



Behavior during and after a major disaster is very important.



Looting is commonplace after a disaster; you need food, but what use is a television?

"It was during the return walk that I personally observed several hundred people engaged in the act of looting. They were all around us that afternoon, pushing grocery carts full of athletic shoes, clothing and electronics toward the Memorial Convention Center. One guy had a brand new football still in the box that he was so proud of it; he held it up for my camera. Throughout all of this, I personally observed New Orleans police officers standing by, doing nothing."

No such scenes were seen in Japan, as public order prevailed. In evidence, many countries sent search and rescue teams to Japan, while others sent medical and food aid. In almost every case, those aid workers returning home told the same story; the Japanese people acted in a controlled, calm, and civilized manner. There was no looting, no climbing over the mangled debris searching for valuables, none of that. Those that did return to the wreckage of their homes, simply sorted out what had been theirs, never taking something that

did not belong to them. As one American rescue worker told his local newspaper:

> **Author's Note:** It is not up to me to say if looting is good or bad, but during my research, I came across this written by a student on the internet who posed the same question, "The morality of an action can be determined only by the motives behind it and not by the action itself. We would like to think that stealing is always bad, but when we consider circumstances, everything changes. To steal food from collapsed shops when starving is nothing less than natural– would any of us honestly choose starvation as an alternative?"

"I came away with the same sense, plus a sense of awe at the civility of the Japanese people. There was no looting. No picking through what was not theirs. In the face of utter devastation they were always looking to help someone else."

How do you explain the behavior of people who use the aftermath of a disaster to go on an orgy of rape, murder and looting? Why do people assault the very people sent to rescue them, and abuse the doctors and nurses that are trying to save lives?

For the majority of people, they try to help rise to the occasion and work together to help those in need of immediate rescue or care. Natural leaders come to the forefront and spontaneously organize and restore order rather than wait for government agencies to arrive. So then the question arises, "Why are there people that do exactly the opposite?" Unfortunately, the answer is not simple. Many disasters happen in Third World countries, but here, we see the very poor helping each other. However, there is poverty in the Western countries and there is poverty in the Third World countries, and here lies some of the answers.

Society in the West has developed to the point where no one needs to be hungry, be without a home or shelter, and

everyone has money in their pocket. It’s called the ‘Welfare State.’ However, many of these people do have what the average working man has, earnings from their labor, self-respect, and a goal in life. Don’t get me wrong, the Welfare State is a wonderful thing, providing for those in need, and I applaud it. But, like every institution, there are cracks in the fabric. Many people in the West live off the Welfare State. They do not work; many have never worked and some practice criminal activities, such as drug dealing, or work illegally for extra cash. It is this criminal element that sees the opportunity in a disaster; their moral fiber is weak, and the opportunity to take without paying is a natural part of their mental fabric. In a civilized society, would we let prisoners drown in a tsunami, or flooded waters? In New Orleans, some 7000 prisoners, many killers and rapists, were locked in their cells as the water reached chest height. This same prison also held many innocent people waiting for a court hearing, people whose only crime was to default on a $70 fine, be caught sleeping on the street, or have a minor traffic violation. The generation of anger is understandable, but was there an alternative?

In August 2007, two prisons collapsed after an earthquake in Pisco, Peru and some 600 prisoners escaped from one after the walls fell down. While some 200 gave themselves up voluntarily, more than half added to the incidents of assault, rape, and theft to the multiple sufferings of the earthquake’s survivors.

As a final word on this subject, and having traveled to every corner of our planet, I have found that the majority of people are basically good. While no one can predict how any of us would behave during or after a disaster, we must equip ourselves to help others if at all possible. We all take for granted the thin veneer of civilization which exists only as long as society continues to function normally. When we feel that our lives are threatened, humans will resort to almost anything in order to survive. It is sad, but when law and order leave society, evil will quickly rise to the surface.

CHILDREN IN DISASTERS AND WAR CONFLICTS

A disaster such as an earthquake, hurricane, tornado, fire, flood, or violent act in war can be frightening to children and adults alike. Comfort your child, talk to them, and explain what is happening, as this will help calm their fears. When explaining, use words and examples the child can understand.

Children are also responsive to the way their parents act, so if they see you crying, they will know that something is wrong. Try to be strong for their sake; always admit your concerns, and explain why you intend to carry out the actions you are planning.



Children are hardy when it comes to living with pain and fear.

In both a disaster and a war zone, children will react to what they actually see and hear. They might see a loved one with a leg torn off, or see their mother raped, or hear an obliterating explosion close-by. The very young child will not heed this violation as much as an eight-year-old or teenager. Some teenagers may get angry wondering why their parents are helpless to change the situation–this is just fear raising its head. A child's age affects how the child will respond to a disaster.

- The very young may cling to their parents.
- Older children may become withdrawn, trying to hide from the situation.
- Teenagers will rebel.
- Create time for them, listen to what they say.
- Above all, while you are alive, reassure them.

Accept these feelings and offer comfort, ease their worries, and show them love and protection in any way possible. Once the disaster has past, seek professional advice for Post-Traumatic Stress Disorder (PTSD).

But war is not just about trauma and sight as it is about bombs and bullets. Last week, in Misrata, Libya, as NATO jets pounded the forces of Colonel Gaddafi's army, ten-year-old Mohammed sat with his family cowering. When the bombing had stopped he ran outside to play in his yard– seconds later a speeding bullet entered his skull.

Disaster, war, and terrorism are not easy for anyone to understand or accept. Many young children feel confused, upset, and anxious. Most children, even those exposed to trauma, are still quite resilient. It will take time, but they will get through it and hopefully get on with their lives.

DISASTERS ARE SUDDEN

Sometimes there will be a warning when disaster strikes, while other times it will just jump up and bite you. A disaster simply means that your circumstances or immediate environment has changed and you are in danger. In isolated cases, help and rescue could be immediately available, but in circumstances where the entire area is in danger, help and rescue may be a long ways away. In the latter case, you must identify the threats and deal with them if you're going to survive. There are thousands of books and a myriad of items and equipment designed to help you survive in a disaster, but the one thing that really counts is YOU. Therefore, your first act is to control your own reactions to any disaster.



This poor woman knows what fear really is.

Disasters, especially unexpected ones, are the foundation for fear and stress. Injury causes pain and blood loss, and perhaps, the immediate threat of death. Seeing loved ones, family, or neighbors wounded or dead will all have a psychological effect. No matter what has happened, you must accept the reality of the disaster. Acceptance will bring the ability to choose an appropriate action. You will be thinking positively and your self-confidence will guide you on your way to becoming a survivor. Believe in YOURSELF!

When talking about the enemies of survival, we must also include pain, fatigue, loneliness, shelter, thirst, and hunger. The people of Haiti learned of these firsthand; some people were trapped for days beneath rubble, not knowing if they would be rescued. Many had broken bones, had no water or food, and were surrounded by darkness. These people experienced the full range of human emotions relating to survival, yet many were able to survive.

In the real world, your survival may depend upon your personality or character when facing a disaster situation. Fear

is a two-sided weapon; it can produce panic, but it can also act as a spur to sharpen thought and action. The path you choose is more dependent on the person rather than the situation. The attributes important to survival are listed below. The more of these you have, or can aspire to, the greater your chance of success.

Author's Note: 'Knowledge Dispels Fear.' These words are hammered into every SAS soldier during their attempt to join Britain's elite force. Without doubt, fear is a major 'enemy of survival' and to survive you must first deal with fear, starting with your own.

- Accept the realities of your situation.
- Assess resources and alternative courses of action.
- Don't wait, improvise.
- Accept that isolation may be necessary.
- Rapidly adapt to your circumstances.
- Remain cool, calm, and collected.
- Make all possible preparations for the worst case.
- Extend your limits and bear the pain.
- Recognize your fear.
- Help those who cannot help themselves.

Be decisive and accept the reality of the situation, assess your resources, and consider alternative actions. Try to improve your immediate situation; this may mean moving just a few yards to shelter or higher ground–but it's a decisive action. If you are trapped under a collapsed building, be ready to accept isolation. Accept your surroundings, but adapt them if you can. This may only be putting your hand out to catch a few drops of water from a broken pipe–but it is a decisive action.

When there is nothing you can do, try to remain cool, calm, and collected–this in itself is a decisive action.

Few people really know their own limits, but deep down, there are reserves (a mother would offer her life for a child,

men have died rescuing a friend), so extend your recognition of self-worth and be prepared for the worst. Dispel your own fears or worries by helping others, give others hope–this is a decisive action!

FEAR

There are two factors that mentally cause humans to think irrationally: fear and pain. These will raise their heads before, during, and after any disaster. In order to help yourself and others, you must face fear and learn to deal with pain.

The good thing about feeling afraid is that it means you are alive, and with life comes hope. Throughout our lives we will all experience fear, it is a natural emotion, a stimulus that recognizes the threat of danger. We can suddenly be confronted by fear or we can let it build within us. Fear controls our behavior and reactions are triggered by fear. We cannot avoid fear; therefore, the best thing to do is to accept it. Acceptance of fear will produce two immediate and positive benefits. You will recognize what it is that is making you afraid, and secondly, you will look for answers to dispel this fear.

Naturally, the depth of fear will depend on the immediate threat to the individual. For example, if you are confronted by an armed robber, you will be afraid they are going to harm you, or even shoot you. On the other hand, they may simply take your wallet and run. By comparison, people trapped in the debris of an earthquake may have no idea how long it will be before they are rescued. They will have time to worry about their family, the idea that no one may come to rescue them, that will they die, or how long can they bear the pain of the large slab of concrete crushing their legs. In both cases, fear must be recognized and controlled. If you are able to, take steps to assess your situation, as this will help in decreasing and controlling the fear that you’re going through.

- You must be alive to know fear. Being alive is good.
- Is there anyone with you or close by? If so, talk to them.
- What just happened, and what is happening now?

- Is there any way you can reduce the reason for your fear; is there hope?

PAIN

Pain is a natural occurrence, and it normally means that there is something wrong with your body. Pain will not go away, but you can control pain. The best way is to concentrate and focus on the point where the pain is emitting. If you cannot see the damage, can you at least assess it in your mind?

- If you feel pain, you are alive. Being alive is good.
- Go through a quick body check; can you move your head, is your chest free when you breath, can you move your arms and legs? The answer to these questions will determine your physical state and also help remove fear (see Chapter 12).
- Are you trapped or pinned so that you cannot move or crawl? The answer to this will determine your next action.
- Is there anyone near you who can help? Reassurance from another voice is priceless.
- Do you have the means to address your pain, i.e., do you have a First Aid Manual on your mobile phone?

In dealing with pain and fear, we have established our condition. In some cases, your situation may be pre-ordained, and death seemingly inevitable. But you must look for the slightest optimism, and draw on the very fibers to stay alive. If you have children, think of their life without you. Dying is easy, so give yourself a reason to live and you will survive.

- Confront your fear.
- Bury your pain.
- Get on with the problem of surviving.

YOU'RE ALIVE

So you are breathing and alive–then there is hope, and with hope, comes survival. Let's go to the next step, which is assessing your situation. Here we need to establish a clear

course of action and deal with the problems that confront us. Your situation may be dire, you may even die, but while you're breathing, you are going to TRY and get to safety. Let's examine each situation you could find yourself in.

- Is the disaster over, or stable?
- Are you alone?
- Are you injured to the point where you cannot move?
- Is there an immediate threat to your life?
- Do something, even if it's only thinking about how long you can last.

Every disaster, earthquake, tsunami, fire, or flood will eventually revert to a stable condition. How long this takes will depend on the type of disaster; earthquakes can last a few minutes, with some aftershocks; tsunamis roll inland and then the water recedes; fires consume all within its path, but eventually will burn itself out; floodwaters can rise and stay at a dangerous level for weeks. In all these cases you must decide when the situation is stable enough for you to move to safety.

Are you alone? The answer to this is simple: look around, shout or call out if you cannot see anyone. If there are others, you will have an immediate boost to overcoming your fear. If others are present, find out what their condition is and if they need help or if they can help you. In any survival situation, it is always best to join forces and assist each other; a group of people have a much better chance of survival than an individual. If you are alone, continue to listen for others.

Are you injured? Can you stand up and walk, or crawl? Can you see an immediate place which will offer better safety? If so, can you reach it? If you are injured and immo-bile, is there anyone that can help you? Make sure you think, "Can you improve your situation in any way?"

Is there an immediate threat to your life and can you do anything to avoid it? After an earthquake, you might find yourself trapped in a building below rubble. Take notice that, if you are alive, then somehow the collapsed building has fallen

on you in such a way as to make it a “temporary” shelter. Likewise, in a flood, have you managed to reach high ground, or get above the water level? After any disaster, there is always the threat of further risk to life. Think, “Is there a way to avoid further harm?”

All these questions will be addressed fully in this book, and the answers depend on the individual type of disaster. Nonetheless, there are several common attributes following a natural or man-made disaster that help us form a rough benchmark. Of all the disaster victims interviewed, there emerged a pattern. These included immediate protection by finding a place of safety; clean water was also high on the list, as was a safe place to sleep; these were followed by seeking medical aid and locating loved ones.

MAKE A DECISION

Perhaps the earliest and most vital decision will be the choice between staying where you are and awaiting rescue, or attempting to make your way to safety. There is no single, simple answer to this question. The circumstances of your survival situation will, to a greater or lesser extent, influence the choice you make.

If it is safe to do so, check the surrounding area without wandering too far away. You will be able to make a better assessment of the ease or difficulty of moving around in the locality. You will also gain information regarding the availability of food, water, and shelter.

Having taken time and trouble to collect the best information obtainable, be sure to make good use of it. Remember, you are looking for the SAFEST option–the choice that will give you the best chance of survival.

Stay Put

- If you suspect that a rescue is imminent, where will they come from?
- Where are they likely to start searching?
- How are they going to come?

- What signs will they be looking for?
- How can you make these signs more obvious?
- If injured, you may not be able to meet them physically.
- Do you have a means of communication?

Moving

- Do you know where you are going?
- Can you access information about the disaster?
- Do you have a mobile phone or iPad with satnav with you?
- Is the way clear for you?
- In a war zone disaster, do you know a safe route through the streets?
- When is the safest time to move, by day or under the cover of darkness?

If you have decided to move, consider carefully what you can take with you. Your choice may have to be a compromise between what is available and how much can be conveniently carried. If you are in a group, make sure that all available protective clothing has been shared equally, and that everyone is as fully protected as possible. Select what you are taking with great care. You will, of course, regard any survival supplies–first aid, food, water, survival kits, flares, etc., as priority, adding to them anything which may be useful but is not bulky or heavy. Look to your traveling with imagination and a wide eye for adaptability when selecting items. You have to be able to obtain or provide shelter, warmth, food, and water, especially during overnight stops.



A place of safety is not always safe, as many discovered during Hurricane Katrina. (Staff Sgt. Jacob N. Bailey)

PLACE OF SAFETY

If you are alive, injured or not, providing you can move, or others can move you, your first priority should be to move to to a place of safety. This may be moving to higher ground, or a place where floodwater or a firestorm cannot reach you. In a war zone, try to find a strong building; reinforced concrete is better than brick, for example. Likewise, cellars offer more protection than high-rise buildings. Once again, reaching a place of safety, even on a temporary basis, will lift your spirits and help reduce the fear factor.

A place of safety is where you can assess your body for damage and possibly try to repair it. This should be a place where others can join you, or from where you can be seen by others. A place of safety should offer the following:

- Immediate protection from the hazards of the disaster.
- Shelter from the elements.
- Clean water supply close by.
- Room for others to shelter with you.

It is impossible for anyone to predict where they will be immediately after a disaster, or what condition they will be in. The only real advice I can offer is to THINK. For some people this will come naturally; while for others, especially those trapped or seriously injured and immobile, it will be difficult to focus on anything other than your immediate situation.

For others, a place of safety might simply mean getting out of the water and onto dry land, or fighting your way out of a forest fire. No matter the situation, if you are alive, there is always something you can do; even the simple act of thinking can help.

In some cases you may find yourself in charge of a small group of survivors. While this will help you personally relinquish your fear, be aware of mental and physical exhaustion. Help others, but don't try to do too much at once. Make sure that you pace yourself and have priorities. Give others in your shelter simple tasks, even the older children, and make sure that everyone gets enough rest.

If you must forage for food and water, send people out in pairs. Talk to them before they leave, give them some idea as to what to look for and what places to avoid. Here are a few tips:

- Stay off the streets where there are crowds of people or a mob.
- After an earthquake, watch out for fallen objects: downed electrical wires and weakened buildings or bridges.
- Stop and retrace your footsteps if you see looters.
- Think of where the nearest food supply or water may be found before setting out.
- If you encounter small parties of other survivors, welcome and guide them to your shelter.
- Give each forage party a distinct area to search.

When choosing a safe place to shelter and rest, use your basic instincts. If a place feels right, then it generally is safe. If you feel trapped or nervous, always look for a better location.

After the trauma of a major disaster when your world is upside down, you will need somewhere to relax and contemplate your next move.

IMMEDIATE PROTECTION

The aftermath of many disasters leads to people being homeless and living on the streets. This happened in Haiti, where thousands of homes and families were destroyed instantaneously. Those that survived were left in a state of shock and found themselves alone with no home and no food. While we all sympathize with their plight, a similar situation is normal for millions of people around the world, and none more so than in India.

In a detailed report on the homeless carried out by the Indian government, many aspects of homelessness were identified. However, the two main problems facing homeless people were food and shelter. From their experience, we can gather vital lessons which will serve us well when surviving a disaster.

For the homeless, the worst experience is not having a permanent place to rest your head and store your belongings, meager as they may be. Living on the street is itself living in a state where one does not know what is going to happen from day to day. In addition to having no fixed abode, anxiety about the future also takes its toll. In our world today, we have two types of people; those that live in cities and those that live in the countryside. After a disaster, where you are makes a vast difference.

It has been found that the homeless have a tendency to stay within the city boundaries, and would eventually form into groups which would work and sleep together for protection and self-help. These groups would form units of up to thirty to forty people. By comparison, the homeless living in the countryside would gather in numbers no greater that three to five people. The conclusion is that people feel less threatened in the countryside, where the people are more generous.



Band together for safety; share your accommodation and food. (Barry Davies)

You must also consider what other survivors are doing. A place of safety does not have to mean being alone in a protected place; being in a strong group with shared principles also qualifies as a place of safety. The desire to join with others is a natural emotion, however, this is best done by joining others you know and understand; family, relatives, close friends and neighbors. Often, people sharing the same experience within a confined area will band together in the immediate aftermath of a disaster.

On the other hand, people will band together in gangs, most of which are intending on looting, stealing, raping, and even murder. With law and order weakened by the disaster, some will see this as an opportunity to commit crime. This is the story of one inhabitant of New Orleans following Hurricane Katrina.

> “When I got there, I looked through the pedestrian gate that surrounds the building and I saw a group of five men circling my Blazer, looking through its windows. One of them was clearly trying to read the fuel gauge. Knowing what they

were about to do, I dashed through the gate and yelled at them to get away from the vehicle. As I charged through the gate, I unslung the AKM. At first, the malice in their eyes and their threatening moves could not have been more clear. It wasn’t just about the Blazer anymore. Then, they each saw the rifle and, without hesitating, turned and ran. If I had been unarmed, I would have never done this, and they would have taken the only means of escape that was available to us. I watched the impulse that shot through each of them the second they saw my AKM. It was the unmistakable and immediate impulse of complete terror. They responded dramatically to the sight of that AKM. It was better than having a team of Rottweilers.”

While it is true that having a gun will certainly deter people from stealing your property, very few people outside of America can legally carry a firearm, never mind a fully automatic AKM. The argument is, should you carry a gun and use it to defend yourself? The answer to this is simple: it depends on where you are. Had I found myself in downtown New Orleans, or in Port-au-Prince, Haiti, and all alone, then a gun would have come in very handy. Would I have used it? Again, the answer is an easy YES. As a soldier, I have been carrying a weapon most of my early life. I respect weapons and know what they can do to a person, so if I had to fire one, then you can bet your life it would be for the best of reasons. Once again, we return to the behavior after a disaster and the moral fiber and character of the individual.

TRAVELING ALONE

Today, many young men and women travel the planet to enlighten themselves of the wonderful world we live in. I use the word ‘wonderful,’ because I have traveled to every continent and just about every country. Everywhere I have traveled, I have found one thing in common: the people. People are basically good; they will help a stranger, or

foreigner, and there is also a very small fraction that will harm you.

Before you leave home, do a little research into the countries you intend to travel to. Asia, in particular, is very prone to earthquakes, tsunamis, and extreme weather conditions. A simple check will tell you if the country has enforced building regulations and laws regarding resistance to earth tremors, etc.



Talk to your family and friends; provide them with a rough plan of your travels. Make arrangements to stay in touch with a least one person back home; Facebook or Twitter is extremely handy. Always carry a smart phone such as an iPhone or BlackBerry. This will serve you well if you look after it and make sure you always have a full battery and network signal.

If you don't have a smart phone, check in at regular intervals; most locations, even remote villages, have internet cafes these days. Just send a quick email so the IP address can be traced. If you are lucky enough to have an iPad, use its tracking capability so family and friends can keep track of your location. Leave a copy of your documents, i.e., passport, flight

tickets, credit card details, etc., with a family member. If yours are stolen you will not remember all the details.

While most people are honest, in towns and cities you will always find some criminals, or they will find you. It’s a sad fact of life but there are some lowlife scum out there that have absolutely no respect for themselves or you; they simply want to take from you.

- If distracted by a stranger, stay alert, as most crooks work in pairs.
- Be wary of pickpockets when you arrive at a railway, bus station, or airport.
- Hold onto your valuables when in a crowded market place.
- Keep your mobile phone in your pocket when it’s not in your hand.
- Keep your travel documents on your person, preferably in a waterproof container.
- Never carry all your credit cards and money in one wallet or purse. If you get robbed, you do not want to be completely penniless or be denied access to additional funds.
- Arrange with your bank to have a number whereby you can draw out emergency cash at any ATM.
- Only drink bottled water, don’t eat the local ice cream (crushed ice with flavored juice), wash fruit, stay clean and hygienic–this way you will avoid getting sick. Make sure you have adequate health insurance.
- If you stay in a hostel or hotel, use the safe deposit box, if one is available.
- For women, try to avoid the advances of men by silence; make no eye contact, or if in doubt, move away from the cause of annoyance. In many societies the male is dominant, and any affront to their ego is seen as a humiliation, so don’t get involved. In some countries, the male population’s impression of the West, is that our women are loose and easy (they have seen *Baywatch*), and for a woman to be traveling alone is just not culturally acceptable. In such countries, see if you can find a fellow traveler as they will be equally as

keen on teaming up. Wear sunglasses to avoid eye contact. Dress and respect the customs and culture you are in.

- Avoid romantic encounters, especially if you are female. You could soon find yourself part of the human trafficking trade.
- When traveling alone, ALWAYS have an emergency call button pre-set on your cell phone. (There's information about a free application at the back of this book.) Special agents have such devices, so why not you? Problems can quickly arise, so in the event, press the button and let people know your last known location and that you are in trouble (see Annex B).



A lot of people are forced to sleep rough every day. (Barry Davies)

Author's Note: I have been robbed twice in my life: once at an airport and once while on vacation. The second instance involved two people working together, and the guy kept me occupied for no more than 5 seconds, while his accomplice, a female, opened my pocket and removed my wallet–I never felt a thing. This event proved very useful, because from that day on, I only ever kept one credit card in my wallet and only enough money for the day's journey. I also only carry what is required for the journey.

- Make sure you always have somewhere to sleep. Never sleep in a remote or deserted building in poor countries–alone, you are vulnerable and may get set upon. If you are on a budget, always check out the accommodation. Make sure the door has a good lock. Check out the escape routes in the event of a fire.
- If you need to seek directions, always ask in the hotel before you leave or if in the street, a family or a woman with a child, and never a single male.

SLEEPING

While sleeping might seem like a strange subject for survival, it happens to be an important one, as it will fill a third of your time. Even if you are injured during a major disaster, the chances are that you will not have a medical pack with you, or that one will be present within the surrounding area. Emergency teams can take days to find you, so the best that you can hope for is rest, care, and self-attention.

Moreover, sleep is advantageous to your health and helps your body recover. It is vital to make this time as comfortable as possible, as it will help both your mental and physical being. Sleep will help mask any pain you may be suffering. In any situation, getting the best night's sleep possible is always beneficial. Furthermore, when you awaken you will be filled with new hope.

A good night sleep can be achieved when you are comfortable, preferably in a darkened room. Not too hot, not too cold, with a good circulation of fresh air. If you are with others, share your body heat and cuddle together. Place those most at risk, such as older people and children, in the middle of the group. Here are a few more tips.

Author's Note:

Did you also know that heart attacks and strokes are more common during the early hours of the morning, and that lack of sleep has been associated with worsening of blood pressure and cholesterol? Your heart will be healthier if you

get a good eight hours of sleep each night. Sleep deficiency will also make your body stressful.

On the bright side, sleep can help reduce inflammation, improve your thought pattern and make you more alert. Just taking a nap during the day has been proven to be beneficial, making you brighter and more efficient when you wake. Sleep also reduces depression.

- Eat your main meal just before you go to bed.
- Exercise to warm your muscles, but do not perspire.
- Strip and rub your body with a dry towel.
- Put on extra clothes and socks.
- Wear a hat to bed.
- Go to the toilet just before going to sleep.
- Four hours sleep before midnight is better than four hours of sleep after.
- Make sure your shelter is windproof.
- Sleep on a good bed of insulated material.
- If it’s cold enough for a fire, have a plentiful supply of fuel handy.
- If you cannot sleep, plan what you will do the next day.

Avoid rough areas, or an area close to any danger. Never try to sleep directly on the ground, because the cold and damp floor will get through to your body. Instead, make a bed of cardboard boxes. These can always be found at the rear of most supermarkets; at the same time, look for any food disposal. Collect dry newspapers and use them to line your clothes, this way you will have a warm sleep.

If you are lucky enough to have a sleeping bag make sure that you turn it inside out each morning and give it a good shake before storing it away. Likewise in the evening, fluff out your sleeping bag to give maximum insulation. Never get into your sleeping bag if your clothes are wet.

If you don’t have a manufactured sleeping bag, learn the benefits of finding a large plastic bag. You can find plastic bags everywhere; almost all homes put their trash out in one, and in

the countryside, farmers use them for animal food. A good, strong, black plastic bag can be turned into a mattress when stuffed with grass or straw; two bags, one inside the other, and with the space in between, stuffed with any insulation material will make a temporary sleeping bag; plastic bags can also serve as a rain coat, or makeshift shelter. After a major disaster, the humble plastic bag really becomes valuable. In 1989, three men were caught out in a blizzard in Northern Sweden. One of the men used two plastic bags to construct a makeshift sleeping system, using frozen moss to fill the cavity. He was extremely cold and had a rough night–but, he was alive in the morning, while his two friends had died.



Improvised sleeping bag. (BCB Int Ltd)

A simple polyethylene sack will help protect you from both wind and rain. Better still, a hessian sack inside a plastic sack will make a very comfortable sleeping bag. Insulation can be improved by filling the gap between the inner and outer sack with insulating material: straw, grass moss, etc. Once again, the same rules apply, so shake out your improvised sleeping

sack and keep it dry. Change the insulation material on a regular basis.

Many public places such as bus/train stations, local sports centers, libraries, and even airports have seating. Restrooms offer shelter, if these are still standing after a disaster. However, you will not be the only survivor, so make sure you check any place out before you enter (look for good order, and some security in the building). Avoid places where gangs and mobs tend to gather, such as supermarkets and liquor stores. Think about where you are. Do you know the area? Can you walk to an area you do know well? Wealthy areas may offer better pickings, but they are also well policed.

If you are alone, it is always best to sleep in an area where no one can see you. Believe it or not, a graveyard can offer a quiet night's sleep. However, during the day, it's often better to sleep in open areas, such as parks. The amount of people around will help stop you from being pestered if you are female.

If the area you are in has lots of people milling around and you want to be alone, try making camp for the night on a large traffic island or side of the highway. Select a spot that has lots of trees and bushes on it, which will provide cover from view. When it is safe to do so, and when no one can observe you, make your way to the center and find a good place to sleep. True, the traffic noise or voices can be a little bothersome, but by and large you will be very safe and remain undiscovered.

Author's Note: If you should ever find yourself looking for a free place to sleep and are close to an airport, simply go to Departures and you will find not only a warm place to sleep, but also good bathroom facilities. Plus, there is always something to eat and drink. If you do use an airport, make sure you look fairly tidy. It's a good idea to have a look at the departures board to see which flights have been delayed (just in case security asks you), or simply tell security you missed your flight. However, be warned: many airports (especially in Delhi, India) will not let you enter unless you

have a valid ticket for that day. Likewise, after a few hours, security will start taking an interest in you.

WATER

Water is undoubtedly the most important nutrient and the most abundant substance in the human body. It comprises three quarters of our body mass and affects every one of our cells. When we eat food, water is needed to help convert that food to energy. Water helps the body remove toxins through the bowels, urination, and perspiration. Water keeps your body in balance (if you become 3% dehydrated, you will see a drop in physical and mental functionality; a drop of 15% is likely to lead to your death). Dehydration can kill you in just a few days.

After any disaster, but especially a tsunami or severe flooding, the streets will become a soup of dead bodies, animals, sewage, oil, chemicals, and waste. Even as the waters recede, the bulk of the solids will remain. Almost all surface water, rivers, and streams will become contaminated.

Check your water intake as to how much water you have consumed in a twenty-four hour period. If you are not sure if you are drinking enough for the current conditions, then check your urine visually. It should be light yellow in color, the brighter or darker the yellow, the more water you should consume. Remember if you are sweating, you will also need to replace the lost sodium in your body.



Drink water as regularly as you can. (Barry Davies)

When you are dehydrated, the body will try to conserve water and minimize the amount it allows you to pass by forcing the liver to take on a more productive role. However, your body can only handle this for a few days.



Personal hygiene is important and healthy. (Barry Davies)

Thirst is probably the best-known enemy of survival, especially in its extreme form. Well before this stage, however, thirst can begin to pre-occupy the mind. Nevertheless, like pain and fear, thirst can be kept in its proper place. If you have water with you, it is important to drink it in a rational way. If you are injured, do not use your emergency water for washing the wound–keep it for drinking. Even then it must be used sparingly, but not so sparingly that you run the risk of significant dehydration. It is pointless, not to say harmful, to reduce your effectiveness in a survival situation while you still have resources at hand.

If water CAN be obtained, save it and use it wisely. Taken that the disaster has cut off all normal water supply, you will need to look for sources of water. In a city, there are numerous places and water catchments, and while the water might not be pure, it can be cleaned and purified for drinking.

The amount of water (and its purity) you drink is vital to maintaining a healthy body. After any disaster situation, either natural or man-made, water is likely to be scarce and impure. It is, therefore, a priority in your survival plan (see Chapter 11).

PERSONAL HYGIENE

If you are traveling or live in a disease-prone area, it is advisable to make sure that you are immunized against as many diseases as possible, and that your immunization record is kept up-to-date. Typhoid, Paratyphoid, Yellow Fever, Typhus, Tetanus, Smallpox, and Cholera are among the preventable diseases. Seek medical advice regarding any special precautions needed prior to any disaster prone area.



Make and use an improvised tooth brush. (Barry Davies)

Personal hygiene, while not a priority, should be carried out on a regular basis when clean water is available. Bodily cleanliness is a major protection against disease, germs, and infestations. A daily wash with warm water and soap is ideal. If this is not possible, concentrate on keeping your hands clean, and wash and sponge your face, armpits, crotch, and feet at least once per day. In desert conditions, scrubbing your hands and feet with sand will improvise, as will snow in cold conditions. In the absence of another method, take an air bath, rubbing your body briskly with a clean piece of cloth. Clothing, especially underclothing, must be kept as clean and dry as possible. At the very least, shake out clothing and expose it to the sun and air each day. Check for and remove any ticks, lice, and fleas regularly. You can protect your teeth by improvising a toothbrush from the crushed end of a small twig. It is possible to use dry charcoal ash as a toothpaste substitute.

Water is precious, so make you that you use it wisely. Long hair can be washed in a one-and-a half liter, and the whole body in two or three. Use little pots and pans, with water, lukewarm or cold. Remember that hygiene does not stop with your body. Eating utensils can contaminate your body as quickly as your fingers if not cleaned properly. Collect clean water or paper after you visit the toilet.

CLOTHING

Man is a tropical animal, and in most parts of the world needs clothes to protect himself against the elements. The body temperature functions best between 96°F and 102°F, and preventing heat loss or heat gain is of primary concern to the survivor. Factors which cause changes in the body temperature are weather, climatic temperature, wind, moisture loss, and illness. Heat gain or loss is transferred by:

- Conduction.
- Convection.
- Radiation.

Heat gain or loss is exacerbated by:

- Evaporation.
- Respiration.
- Wind chill.

Of the above, the wind chill factor is the greatest threat to any survivor. It can rob the body of heat in cold, wet conditions, and moisture in hot conditions. Do all in your power to prevent it.

The principle of using a layer system in order to trap warm air has proven itself to offer the most benefit in cold conditions. Thin cotton underclothes, covered with one or more layers of warm wear made from wool, fiber pile, or fleece is ideal. The outer garment should be windproof, and preferably waterproof. It could be made from tightly woven cotton, polycotton, fiber-pile material, or nylon. If the clothes you have are insufficient, just improvise: use a plastic bag as a poncho and newspaper for insulation. The most important factors to remember about clothing are:

- Keep clothes clean.
- Avoid overheating and sweating.
- Keep clothing dry.

- Repair defects immediately.
- Improvise.

Overheating results in perspiration, which wets the clothing, reducing the insulation qualities. Ventilation is essential when physical exertion is necessary. Wet clothing from rain or sweat will lose heat up to twenty-five times quicker than dry clothing. A combination of wet clothing and strong winds can mean a swift death. By keeping your clothes clean and dry, you help prevent the build-up of grit that destroys the fibers. Additionally, dirt will reduce the effectiveness of the garment. If washing is not practical, then a good daily shake or beating will suffice. In tropical conditions, cloths need washing more frequently or they will rot. Likewise, cloths that fit next to the skin (socks and underclothing) also require daily attention.



Use a layer system of clothing and stuff newspaper inside for insulation. (Barry Davies)

AFRAID OF THE DARK

For a mixture of reasons, so many people are afraid of the dark. They imagine enemies that are not there, and their own head gets the best of them. Let me assure you that in a

survival situation, darkness is your friend; darkness hides your presence; darkness keeps you safe.

There are many reasons why we are afraid of the dark, and most of these originate from our childhood. Let me assure you that there are no bogey men; plus, any other human walking around in the dark is just as afraid as you are– or they are rescue workers, in which case you will be safe. There are two things to do if you are trapped in darkness.

1. ‘Listen’
   Identify any sound and its direction. The best thing to do is to open your mouth and turn your head slowly; this will help increase the sound and identify its location.
2. Do not be afraid of small insects or rodents.
   They are not going to eat you alive. Trust me, they will try to get as far as possible from a human presence. Remember that they are frightened of YOU. Try to catch them if possible. You may not feel like eating it right now, but in several days’ time, it could turn into a small feast!

If you are in total darkness and you clearly hear a sound, try to identify it. After an earthquake, it will simply be the rubble moving or falling. In the event that another person is trapped near you, you will soon learn the difference in sounds; in which case you will have company, and with company, comes HOPE.

LIGHTS

Light is very important to us, especially from fire, which brings with it a source of comfort, plus the ability to see into the darkness. After a disaster, light can become so much more: it can signal your location (not always a good thing), guide your path, should you have to move at night, or survey your surroundings, should you decide to stop and rest. If you think there are other humans within sight and sound and you do not wish to make your presence known, do not make a sound and do not use any form of light. If on the other hand you are confident that there is no close threat, use any light source to survey your surroundings. The moment you produce light in a

dark area, you will provoke some reaction, especially in a forest. These sounds are simply the creatures of the night making you aware of their presence.



Using a mobile phone as a torch. (Barry Davies)

If you do not have a source of light, such as a flashlight or mobile phone, then use the ambient light supplied by nature. Rest, and let your eyes adjust to the light. Even in a forest there will be some ambient light to guide you.

Remember that if you use a flashlight, your night vision will be rendered useless. That is to say, when you switch your flashlight off, you will not be able to see much. The same thing is true if you have achieved good night vision and someone approaches you with a torch or you look directly into a vehicle’s headlights. To maintain your night vision, always cover one eye.

It is a good idea to close your eyes for a few minutes before moving in the dark. When you open them, try to look at shapes using your peripheral vision. By using your peripheral vision, you are using more rod cells in the retina, which work much better in low light. You will need to be patient, as good night vision can take up to twenty minutes to achieve.

If you’re walking in the dark, and you’re unsure of the surface beneath your feet, slide your feet rather than taking steps. In areas of high-rise buildings or forest areas, keep your

head slightly up so you can see sky (this normally produces more ambient light and offers good guidance). There are many sources of light available to us today, and if you live in a disaster prone area, you should keep several on hand. Remember: disaster strikes at any time of the day or night, so keep a flashlight in your bedside locker.

HOW WILL YOU DEFEND YOURSELF?

Surviving a disaster is one thing, but remember that even though you've survived, it doesn't mean that you're still not in a dangerous place. People react differently after any major disaster that has taken lives and still threatens to take more; the animal instincts rise quickly to the surface in some people. If you're alone, you could be a target for theft, assault, and rape. You need to take some precautions, such as letting people know where you are (such as texting people). Once safe, try and stay in a location where there is a reliable signal. In addition, always know where you are so when you call for help you will be able to give them a specific location. For this reason, it is often best to find shelter with others. Remember … there is safety in numbers.

Defending yourself does not necessarily mean fighting. Long before you have to consider violence, you should try avoidance. Avoidance is something we all practice on a daily basis: a bill drops through your letterbox, you know it's a bill so you tend to avoid it. You see something in the supermarket you can't afford, you avoid it. All you have to do is simply adopt the same principles when defending yourself.

Problem: You are sitting on an underground train and at the next stop the train fills up with drunken football fans, or a gang of youths looking for trouble.

Solution: Get off the train and wait for the next one. The same principles apply to any natural or man-made disasters.

If avoidance is not possible, you have a number of options when it comes to defending yourself. During any disaster, people will be in panic mode, which is natural. Everyone will want to evacuate, escape, and move themselves and their

family to a safe location. How you do this will depend on your individual situation, as different types of disaster present different scenarios. The first and best way to defend yourself is to band together with family, friends, and neighbors as soon as reasonably possible. There is strength in numbers; violent gangs will not readily attack you. Seek the nearest government safe zone, one that has armed police or military for protection.

Defending yourself when you are alone can prove difficult, especially when armed gangs roam the streets. Make yourself invisible; move only when you can see that the way forward is indeed clear. Move out of any built-up area, as the countryside is always a much safer place to be in than any large city.



Self-defense means using anything at hand; a handful of coins will weight your punch. (Barry Davies)

In cases where there is visible violence and no sign of law and order, ARM yourself. In countries with a poor security record, such as Haiti, where law and order has steadily deteriorated, arming yourself is your only chance of survival. Kidnapping, death threats, murders, drug-related shootouts, armed robberies, home break-ins, and carjacking are common in Haiti and many other countries–defend yourself with any means, including firearms if you can get them.

Do you ever wonder why the police, or soldiers on military duty always feel confident? Because they have a weapon. Take that weapon away when they are facing an angry mob, and they will be just as vulnerable as everyone else. It is true that both the police and military have a lot of training, but when unarmed and massively outnumbered, their confidence will not be so high.

In many Third World countries, it is easy to buy an automatic weapon such as an AK47 for just a few dollars. If you do go down this path, make sure you also purchase lots and lots of ammunition and spare magazines. Make sure the weapon you have purchased works, and works well all the time. Practice firing it if at all possible, get used to changing magazines rapidly, and get to know your weapon. If you have the opportunity, teach other sensible family members. Remove a weapon from anyone acting erratically, or in a precarious manner.

In conclusion, by all means, defend yourself and your family, but do not use your weapon to demand from others. Always treat a weapon and its usage with responsibility and respect.

UNARMED COMBAT

Author’s Note: I do not proclaim that everyone should rush out and buy a gun; in many countries, this would be extremely difficult and totally unnecessary. But one thing I have learned is that the types of people you find in armed street gangs have no respect for human life, especially in Africa. The only sensible reaction is to fight back, and fight back aggressively.



A tightly rolled newspaper or magazine makes a great improvised weapon. (Barry Davies)

If you do not fancy carrying around a gun, there are several other alternatives when it comes to weapons for self-defense. Just look around and you will quickly find an object that can be useful. One of the best is a baseball bat or a pick handle. Believe me, if used correctly, they are better than a gun. During the London riots in August 2011, when gangs of youths roamed the streets looting, the fastest selling item on the internet was a baseball bat. In a twenty-four hour period, Amazon UK reported that sales of the Rucanor Aluminium Baseball Bat climbed in ranking from 6,974 to 105. The main reason for this was people wanting to protect their property from the looters. In addition to a baseball bat, the list below details some other items to get you thinking.

Coins: Filling your hand with loose pocket change and forming a fist will greatly increase the force of any blow. Additionally, several coins tied into the corner of a handkerchief will form a very effective cosh or blackjack. Use it by swinging at the assailant’s temple or general skull area.

Magazine or Newspaper: Roll any magazine into a baton and carry it with you quite naturally. Hold it by the center to

stab with, using either backward or forward thrusts. Hold the end of the baton if you intend beat your assailant around the head. A rolled up newspaper is a great defensive weapon for fending off any knife attack.

Walking Stick: This item offers excellent protection for the elderly, although it is not uncommon for hikers of all ages to carry a walking stick. The best type is the one with a heavy ornate top, and a metal tipped, strong wooden shaft. Use the walking stick as you would a fencing sword; slash, and rain blows at the assailant's head and solar plexus. This is very useful against any knife of bottle attack, by slashing down hard at their wrists. You may be able to stop the assailant pursuing you if you can strike his kneecaps hard enough. It's also a good idea to have a small strap securing the walking stick to your wrist.

Bottle: The bottle is the weapon of many a street fight. Beer, champagne, or wine bottles all have a good grip at the neck and heavy base. Do not bother to smash the end of the bottle off, as this normally results in the bottle disintegrating altogether. Use the bottle as you would a club, and strike for the head and temple. The joints in the body are particularly sensitive, so the elbow and kneecap are particularly good to hit with any bottle.

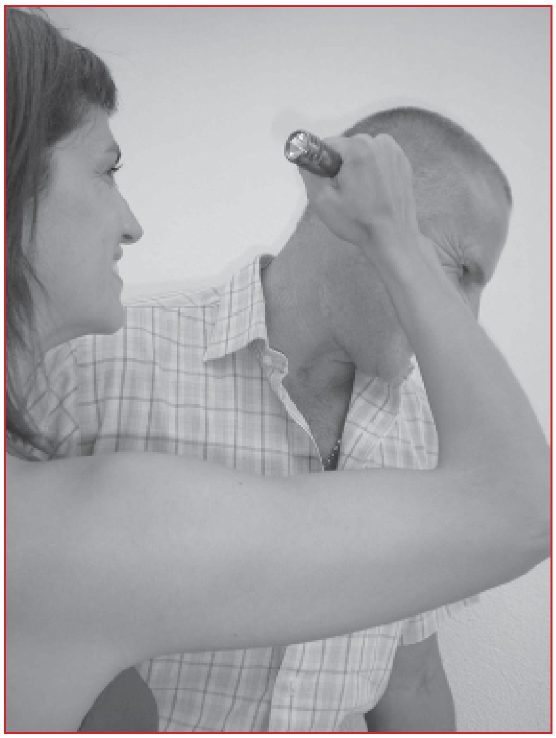
Flashlight: It is common sense to carry a flashlight with you while walking out on a dark night. Additionally, several flashlights should be positioned around the home for emergencies (see Home Protection). Although expensive, the more modern Mag-light type flashlights are extremely good, and make an excellent weapon (the Special Forces have used them for years). In any attack, use the flashlight as you would a hammer.

Rocks and Soil: If you are attacked outdoors, throwing rocks at your assailant will help keep him at bay. Closer up, a handful of sand or dirt thrown in the assailant's face will temporally blind him.

Socks: Silly as it may seem, a sock will readily make a very effective cosh or blackjack. Fill it with sand, chippings, or soil.

In the home or street, use loose pocket change. Swing it hard at the assailant's head in the same fashion as you would use any cosh or blackjack.

In a situation where no other weapons are available, you must defend yourself with the weapons you were given. Select which is appropriate to the situation and when you decide to strike, move with all the speed and aggression you can muster.



Balled fist, or a torch–a hit quick and hard, and then run. (Barry Davies)

Balled fist: It is normal for us to fight with a balled fist. Use your first punch to hit a vital target area of your assailant. Aim for the nose, chin, temple, or stomach. If time permits, fill your hand with loose pocket change, as this will increase the weight of any blow. Rain several blows in rapid succession and then try running off.

Heel of the hand: The chin jab is delivered with the heel of the hand, putting the full force of your body weight behind the punch. When attacking from the front, spread the fingers and go for the eyes. If attacking from the rear, stick the back of their neck just below the hair line for a very effective punch. As

the head snaps forward, use your fingers to grab the hair and snap it back quickly. You are less likely to injure your hand with the heel of the hand techniques.

Elbow: The elbow is a great weapon when you are side on, or have your back to the assailant. Jabbing the elbow into your assailant’s stomach will almost certainly drop them to the floor. If you have been knocked to the ground, try elbowing up into the privates. Any well connected blow from your elbow will give you time to break contact and run.

Knee: Although it is one of the body’s more powerful weapons, it is limited by its movement, restricting it to the lower part of the body. However, its battering ram effect can cause severe damage when driven into the private area or aimed at the outer thigh causing a dead-leg.

Foot: A hard kick is as good as any fist punch, and can be used just as readily. Keep your kicks below waist height, unless you have had some special training. Remember, the moment you lift your foot from the floor, you become unbalanced.

Heel: The heel is excellent when grabbed from behind. Drive it down the instep of your assailant or stamp continually on his foot. Another effective way is to kick at the ankle bones.

Teeth: Biting into any part of your assailant’s body will cause severe pain and discomfort. The ears and nose are the favorite places to go for, but any exposed skin will do.

Chapter 2

SURVIVING IN A THEATRE OF WAR / CIVIL UNREST / TERRORISM



A war zone is not a good place to find yourself.

No matter where we live on this planet, we all face a wide variety of risk: floods, earthquakes, hurricanes, tornadoes, and wildfires take many lives. But it is not just natural disasters that kill the innocent; civil unrest, war, and terrorism all produce high numbers of deaths and injury. The question then lies, which one is worse?

In 1918, the Spanish Flu Pandemic, which was a highly contagious disease, took the lives of some fifty million people around the world, including a lot of young and healthy people (that's about thirty-four million more than were killed in the First World War). It was dubbed the 'Spanish Flu,' as Spain showed the first amount of serious deaths. There were rumors that the pandemic started as a result of trench warfare in Western Europe, which had degenerated to soldiers living in the most appalling rat-infested, damp, and diseased conditions.

While it would take a volume of books and data to argue which was worse, one thing is for certain: there is a difference. Wars and civil unrest can be prevented or stopped, and terrorism can be abated. Natural disasters, on the other hand, can happen at any time, to any country, and with any degree of intensity. Let's face it, life is unpredictable!

Wars are no longer fought on battlefields where both sides line up and face each other, with none of the combatants sent to the rear for safety. They are fought in the streets and rubble of towns and cities, where the only criterion is to gain control. Pilots of sophisticated aircrafts release bombs and missiles from thousands of meters away with little knowledge of the damage they cause on the ground. In many cases, the pilots are elated at the accuracy of their guidance systems, and rarely give a thought to the collateral damage caused. Armed un-manned drones (UCAV's) fly overhead, carrying massive destructive capability (guided by pilots sitting in a bunker, drinking coffee).

People, mainly adolescents, seniors, and women, cower in their homes as the explosions take place, doing their best to protect their families. When the bombs and missiles stop falling, the lucky ones emerge to see the damage caused, while those not so fortunate wail over the dead. Living in a war zone is equally as dangerous as any natural disaster, and in many cases, more so. You will experience terrible sights: the death of loved ones, parents, children, and friends. You will suffer hunger and thirst and have to endure freezing cold or extreme heat. To venture outside is to risk being shot by a sniper, or worse, being captured and tortured.

It is difficult for me to tell you how to survive in a war zone, because most of my life, I have been on the other side of the street. I was a soldier within the war zone, and as such, belonged to a military unit. I always had food and water, and even after several weeks of fighting, I would be passed back to base for a little ‘R & R’ (Rest and Recuperation). I would be given a shower, a hot meal, and was able to swap war stories with my friends over a cold beer. Rarely did I ever think about the civilians who had been caught up in the war: their homes destroyed, their main water supply disrupted, no electricity, and food in very short supply. To make matters worse, many civilians would be wounded, and the hospital facilities, for those that could reach them, would be stretched to capacity.

Civilians caught up in a war can suffer in many different ways, partially due to the type of war and its geographical location. In Afghanistan, the war is fought over the towns, over the land, and in the mountains. In such a war, the civilian population tends to stay in their homes and villages, although many have moved to the larger cities where they feel safer. Back in 1975, the once beautiful city of Beirut in Lebanon fell to civil war. In the West, the Muslims seized control, while the Christians took over the Eastern part of the city. Many factions entered the war, which devastated the

city, and by 1982, most of West Beirut was under siege by Israeli troops and both American and French forces suffered heavy losses at the hands of Hezbollah. Amid this destruction, many civilians fled.

In the jungles of Vietnam and Borneo, the village people could leave their homes and hide temporarily in the jungle. In Southern Thailand, where there is a large Muslim population, the people are split between their religion and loyalty to their country and crown. But as with a natural disaster, people living in a war zone do survive. They are still breathing, which proves that there is hope in surviving war conditions.

A war zone can develop very quickly in today's world, but there is always a few days' warning. Heed this warning and discuss the problems and possibilities with your family. It will always depend on your individual circumstances, but below I have laid out a list of useful questions you should answer and some ideas of how to survive in a war zone.

- Do you have any place to send your children away from the war?
- If yes, do so without delay.
- Can a member of the family accompany your children?
- If yes, do so. You should try to make sure that it is an elderly member.
- Is it safe to travel?
- If yes, do so.
- Is this war based on religion, ethnic, or tribal differences? How do you and your family relate to this?
- Who is the dominant force? Are you on the winning side?
- What non-perishable supplies do you have available?
- If you are not sure, remember the basic rule: **If in doubt, move out!**

CIVILIANS IN A WAR ZONE

Unless you have lived through a war zone, you will never understand the full range of feelings and emotion that are provoked. So far, we have talked in this book about overcoming and controlling the two worst enemies of survival, fear and pain. For locals in a war zone, there is a lot of fear and pain, but unlike a natural disaster, where it is short-lived, in a war zone it continues for months or even years.



Rebels, young people with guns, can be a real threat. (Barry Davies)

I am truly amazed at how the locals seem to go on with the business of living, right in midst of the terrifying war zone that their country has become. Bombs rain down, building and debris are scattered at the speed of 24,000 feet per second, and bodies and body parts fall as the dust settles. Then in the distance, you hear the sound of machine gun fire, and it comes ever closer. The nightmare becomes terrifying.

At this stage, the petrified local people are holed up in the basement of their homes. They are too terrified to move,

paralyzed by the fear of what might happen next. A woman, eight months pregnant, wonders if her child will ever be born. People peek out of their holes, and run through the bomb damaged streets looking for food or water to feed their children. This is just the start.

Gone are the dreams of going to school and becoming a doctor. There is no play time, no laughter, no sports, and no time to relax. Out of the silence comes another deafening explosion as yet another bomb hits nearby. This you can deal with, but when the soldiers come in the night, you fear for your sanity as the violence they inflict is beyond description.

While the above might seem a little dramatic, it is all true. If the truth were known, living in a war zone can get far worse; trying to put fear and pain in its place is almost impossible and the best you can hope for is to survive.

Staying Alive in a War Zone

It is not easy to tell everyone how to survive in a war zone. The country, the conflict, and the climate all play a major part in your survival. In a remote African village, there may very well be ample food and water, but the conflict could be ethnic or tribal. The soldiers on both sides will steal food and murder the villagers in a frenzy of violence. In Mogadishu, there is no food, other than that stolen by war lords from the relief agencies. Water is scarce and medical assistance almost nonexistent. But if you are alive, there is always hope. Climate is important because you will have to deal with the rigors of heat and extreme cold, both of which can kill as efficiently as any bullet.

Author's Note: I have seen many cities, towns, and villages where war has turned civilization into savagery. Many people think that this only happens in places like Africa, but they would be wrong. Some of the worst atrocities were committed in Europe during the siege of Sarajevo in the war in the former Yugoslavia (1992-1996).

Mass murder, torture, rape, genocide, and worst of all, ethnic cleansing all took part in this once beautiful city. Every day, hundreds of innocent people were shot by snipers as they ventured out of their hovels looking for food and water. A mortar round would land and kill children playing in the street, while hospital patients died as a rocket smashed into one of the wards. The list of atrocities cost the lives of over 10,000 people with another 58,000 wounded. In 2011, the commander of the Serbian army controlling the siege, Ratko Mladic, was arrested and flown to The Hague to stand trial for War Crimes.

Here are a list of things you can do to try and improve your situation and living standard; some may be applicable, some may not. Always remember, humans walked this planet thousands of years before supermarkets, shops, farms and industry, and we are still here!

Providing you are alive and not injured, your first priority in a war zone is to find a safe shelter. This maybe an underground cellar in the city or a safe place away from your village in the jungle, but the location and situation of the war will determine which is best. Whatever you choose, make sure it is protected from any further bombing or mortar fire. Try to get to a place where there is only one main entrance, but has a small bolt hole in case of emergency. Here are some points to keep in mind when selecting your secure shelter.

- Stay away from windows. Replace glass (if not already broken) with clear plastic sheets.
- Keep everyone together in one corner.
- Keep your belongings with you and within reach.
- Share your shelter, as there is safety in numbers.
- Devise games for the children to distract their fear.
- Use water as if you were a Bedouin Arab crossing the desert. Make sure all drinking water is clean (see Chapter

11).

- If there is no electricity, then use candles. Remember, light gives away your location, so use it sparingly at night.
- Sleep when you can, day or night, when it is safe to take an hour or so.
- Research has proven that a 15-30 minute power nap is as good as a full night sleep for some types of memory tasks.
- Collect food, save any tinned food for an emergency, and preserve perishables for as long as possible.
- Scrounge from the soldiers. One American or British ration pack will feed five people.
- If you can, make a running bag. In this, put as much food and water as you can spare. Include your passport if you have one, as you may need to cross into a safe country. Keep your running bag in a safe place, but a place where you can grab it quickly.



Refugees carrying their basic possessions move away from the war.

Make a War Zone Grab Bag

When hell is unleashed and the bombs start to fall, you may need to move from your home and move quickly. In such as case, just like a natural disaster, have a grab bag ready. A War Zone Grab Bag differs slightly from that of a normal Disaster Grab Bag because the danger you face is not

caused by nature. Your grab bag should not be too heavy and only filled with the real essentials to sustain life. If you live in an isolated village or a jungle area, it may also be prudent to prepare a hidden cache which you can visit. Use a simple thirty liter rucksack to hold the contents of your grab bag and fill it with these items:

- Cell phone, if coverage is still available.
- Passport, as you may need to cross borders.
- Some currency or gold items to barter (the SAS were issued gold coins in the Gulf War).
- Non-perishable dry foodstuffs, such as rice, grain, flour, or biscuits.
- Water, but remember that this can be heavy.
- Salt.
- Matches (suitably protected against dampness–wax coated matches).
- Candles.
- Water purification system or iodine tablets.
- First aid kit containing mainly bandages and wound cleaning supplies, such as iodine.
- Small radio (wind-up type that will never run out of batteries).
- A weapon if you have one.

Author's Note: Outside of America, many people will challenge the thought of carrying a weapon in a war zone. Trust me, many men, members of some paramilitary factions including regular soldiers, see a war zone as a killing field where they are free to murder, rape, and pillage at will. Your life and the lives of your children are at serious risk. The only answer in a war zone when threatened with a gun is another gun. Do-gooders and unarmed non-combatants die very quickly, and often for no reason at all. In Africa, children as young as six are drugged and taught to fire a weapon. They have no

qualms about killing you. They simply don’t know any better!

Before you leave your home, make sure you have a pre-arranged place to meet up, as things get disorientated in a war zone. Keep one adult with each child if possible, just in case you get split up. Dress with as many layers of clothes as possible. You can always discard some later, but if you need to sleep on rough terrain, you will need some warmth.

While you remain in your safe shelter or home, your first priority is to locate a water source. Most advancing armies will knock out the essential services such as the power grid, which in turn may disrupt the water supply or filtration. Always have available the means to purify your water (see Chapter 11). If you have to fetch water from a point in the street, remember that you will not be the only one doing so. Soldiers have a nasty habit of waiting for civilians to fetch water, and they may have booby-trapped the water source or have a sniper watching.

Military snipers are trained to shoot from over 1,000 meters. They often wait and watch places where they know people must go: water supplies, hospitals, and schools. If you must go out, look out for bodies, especially with head wounds, and avoid the area.



Children war fighters.

In your home, you are safer on the ground level or in a cellar. Stupid as it may sound, you might consider constructing the shelter in your garden if you have the materials and time. During WWII, many Londoners were saved due to the construction of Anderson air raid shelters. If you don’t have a garden and live in a city or town, is there an underground car park or underground concrete structure that will withstand the bombing? Never seek shelter close to any military target, such as army barracks, government buildings, or main power generators. In Beirut, many people found safe shelter and hid in the ruins, from where they would only venture out at night. If you have to move, do it quickly and quietly. Look after your feet, as they are your only means of transport. Additionally, you will need to run like a rabbit, dodge and roll like a football player, and dive like a goalkeeper.



The buildings and streets of Sarajevo were not safe; for years people cowered in cellars and debris.

Some Advice from a Survivor of the War in Sarajevo

- Stockpile as much durable food as possible; potatoes are always a good choice.
  - Tinned meat and rice are also worth considering. Tinned food that does not need heating was best.
- To have a gold bracelet is OK, but to have real toilet paper is wonderful.
- Don’t worry about losing electricity, you soon get used to it.
- Boredom is terrible, so always have a few books with you, or you will go insane very quickly.
- The feeling to be human can fade very quickly and I would happily have exchanged a full hot meal for a bit of soap, or toothpaste.
  - You have no idea how happy I was to actually brush my teeth with toothpaste and wash my face–after two months, it was a real morale boost.
- There are also the basic things, such as candles and lots and lots of matches (or a very good lighter).

I would advise you not to keep everything that you have in one location. I was forced to leave my house and take off with just my backpack and weapon. If you can, keep a cache a few miles away from your home so that you could go to it, if you are forced to abandon your residence. Be prepared to not return to your home for years and try to have another place to live in another part of the country or even some other country. (I was not able to go back to my home until years later.) Stash as much ammo in different locations as you can. I did not have enough ammo in the first place and whatever I had was used or traded within the first month of me leaving my home. Ammo was a good trading currency and could get you a meal at any time. Local paper currency was basically worthless, but if you had foreign currency, then you were in better shape. Gold and silver were good to have, but it was harder to find someone that would accept gold and silver as a form of payment.



Man using a dead body as cover from return fire. (Barry Davies)

People that lived in big towns also had their share of problems. If they lived in apartment buildings, they were

dependent on central heat; when things started to go bad, there was no more fuel to heat these apartments. The people that had stoves or were able to obtain them or make them then had another problem: getting the firewood. If you live inside of a city that is surrounded by soldiers and you can't go outside of the city, obtaining firewood can become your daily battle for survival. Burning your furniture, books, park benches, trees from the parks, and every other tree that you can find will be normal. Most of the people were forced to make daily runs to water points and bring the water back to their families. Water points were favorite targets for snipers. Having extra water jugs will help you minimize your visits to water points.

BULLETS, EXPLOSIONS AND EXPLOSIVE DEVICES

In war, civil strife, or terrorism, the two main elements that will harm you are bullets and explosions. Bullets can be avoided (if not, having read this book will be of little use to you). Explosions can go off all the time, and for any number of reasons, but bullets are only normally fired when two enemies come face to face. Having been in many battles both large and small, the bullets fly around like angry little bees. When you hear them going 'zip zip' they are too close, so get your head down. Those people who do get shot and killed are very unlucky, as most bullet wounds are in the limbs and they have to hit you in the head or in the center of your chest to do any real harm. Why am I telling you this? Well … it's to put your mind at rest. True, bullets can kill, but they are not what the television programs would have you believe. Soldiers will tell you that being shot is preferable to being blown up. If you are shot and still alive, and provided the medics get to you quickly enough, your chances of recovery are very high. Triggering an IED is a totally different story. At best, you're going to lose at least one limb. The story below is true and highlights the extraordinary feats the human body can do when shot, to overcome pain and fear.

Author’s Note: On February 26th, 1966, Sergeant Geordie Lillicoe, a member of the British SAS, led his patrol into the area of an old Indonesian camp which was situated close to the border of Borneo. Cross border raids known as ‘Claret Operations’ were top secret and designed to hunt down and harass the Indonesian army on their own ground. The patrol, which numbered some eight men, had withdrawn for the night on the slopes of Gunong Rawan, where they ‘bashered’ (SAS term for sleeping place) up for the night.

The next morning, Lillicoe decided the camp was worth a second look, but decided to split his forces. His reasons for doing so were based on clear military thinking. The patrol was large enough; secondly he would leave the four new recruits in the relative safety of the overnight camp. Lillicoe and the only other experienced SAS soldier, Trooper ‘Jock’ Thomson, moved off. They made good time quickly covering some 1,500 yards when Thomson reached the outskirts of the Indonesian camp area. He stopped, and motioned discreetly for Lillicoe to do likewise. They waited, listening to the jungle, and all seemed quiet. Nothing was suspicious, and Thomson turned his head slowly to query Lillicoe. A perceptible nod told Thomson to continue. Ducking under some bamboo which lay across the track, he emerged on the other side. There was a soldier with a light automatic no more than twelve yards away to his right. They had walked directly into a well-prepared Indonesian ambush.

Almost immediately, the soldier fired. At this signal, several more guns opened up on the two SAS men. Jock Thomson was hit in the first burst, taking a bullet in the left thigh, shattering the bone. However, the hit knocked him off the track where he landed in thick bamboo. Here, Jock found himself confronting yet another Indonesian soldier. The soldier was very young and extremely scared;

he seemed to be having trouble with his rifle. Jock raised his Armalite rifle and shot the soldier. He then crawled out of the immediate danger zone. The sight of bright blood pumping from his wound made him want to stop, but he knew that if he did not clear the Indonesian ambush area, a second and third bullet would find him. So, with the life blood flowing from him, he crawled into the thick bush. Although not out of immediate danger, Jock Thomson felt it was safe enough to dress his wound and stop the bleeding. The pieces of the shattered femur led to excruciating pain, so Jock injected himself with morphine. (Every member of the SAS carries two syringes operated by squeezing the flexible container.) While he did this, the gun fire died down to a few sporadic shots. Even so, he felt it necessary to keep his senses about him and make his way to safety.

Lillicoe was a short way off, and was lying quite still, with blood all over him. As patrol commander, he was immediately behind Thomson and also hit by the initial bursts of Indonesian gunfire. As Thomson was thrown to the left of the bamboo clump, Lillicoe leapt to the right, firing to his front as he did so. Almost immediately, he was knocked off his feet. Hit in the legs, he was unable to move and forced to return fire while sitting in the center of the track. Despite their injuries, both men continued to lay down suppressive fire. Then as quickly as it had began, the firing stopped. Both men immediately crawled out of the ambush-killing zone. Then, Thomson saw a figure stand-up and move out into the open. It was an Indonesian soldier coming out to check the killing area. It was a serious error of judgment, as both Thomson and Lillicoe fired together. Once more the area fell quiet. This time, Lillicoe and Thomson exchanged words telling each other of their injuries. At this time, Jock came forward to give Lillicoe covering fire. As Thomson was on his feet, Lillicoe thought he could walk and ordered him to get the rest of

the patrol. Thompson shouted that he was also hit and would try and make it back up the ridge where he could reconvene with the rest of the patrol. The balance of the SAS patrol had decided that the best course of action was to move to the nearest infantry post, which was close by, and lead back a stronger party to search the area. This they did, starting back towards the scene of the contact later the same day.

Thomson and Lillicoe became separated. Thomson reapplied a fresh field dressing to his wound and injected himself with more morphine. Then very slowly, he continued crawling his way towards the ridgeline above him. Darkness fell and gave him some protection; to provide camouflage, he settled down in the mud of a pig-hole to wait out the night. By morning of the second day, Thomson managed to cover half the distance back to the infantry camp and finally managed to make it back to the RV where he was discovered by a Gurkha patrol who had been sent to look for the wounded men. He was extremely weak from loss of blood and required immediate medical attention.

Geordie Lillicoe managed to extract himself into the nearby bamboo and like Thompson, dressed his wound and gave himself morphine. His left leg felt numb and detached, and there was no sensation in it. His right leg felt better, although it would not support him, as he was losing a lot of blood. The bullet had entered his left leg a little below the thigh and exited by blowing an enormous hole through his backside. Luckily, the nerve had been severed, so fortunately there was little pain, added to which the main artery was undamaged. Bandaging the entry point was easy, but trying to stem the bleeding from his buttocks proved to be an ordeal. These wounds to his legs made it almost impossible to move and the blood loss seriously worried him.

By hiding under the trunk of a fallen tree, he, like Thomson, waited out the night. By this time he had lost a tremendous amount of blood and after a while fell unconscious. It was daylight when he recovered and heard the Indonesian soldiers all around him. One of the enemy had climbed a tree about forty yards away and remained there for about half-an-hour in full view as he looked around. By this time, Lillicoe could hear a helicopter searching for him; however, the close proximity of the enemy deterred him from deploying his Sarbe rescue beacon. It was only when he was absolutely certain he would not be detected that he risked using the survival radio, calling in a helicopter which managed to winch him out. Both men survived and were fit enough to continue service in the SAS. The story is true and a good example of how to live with fear and pain.

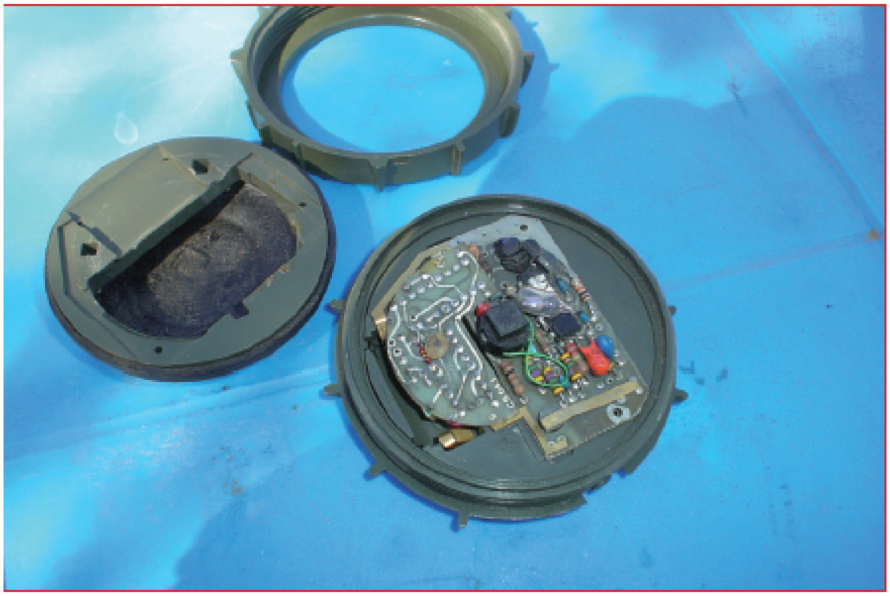
Explosives

Explosions, on the other hand, come in all shapes and sizes, from small hand grenades to very large bombs and missiles. As I stated earlier, **'Knowledge Dispels Fear,'** so understand what explosives are and what they can do so you will dispel some of the fear.

Explosions are caused by a rapid chemical conversion of a solid or liquid into a gas with resultant energy release. Explosives are either high or low order. High produces shock waves of up to 9,000 m/s, while low explosives, mainly gun powered, tops out at around 400 m/s. Low explosives are mainly used for propellant, i.e., to fire something out of a barrel, while high explosives are usually found on the receiving end, i.e., the warhead.

For the purpose of this book, we will stick with high explosives and the effects on the human body. When explosives are detonated, they produce a supersonic over-pressurized shock wave that moves out in every direction.

The pressure in the shock wave can equate to 700 tons, this coupled with the speed causes a shattering effect, so you can start to see what this is going to do to simple flesh, bone and blood.



This mine is sensitive to human approach. (Barry Davies)

Not surprisingly, most of the high-end explosives are used by the military: TNT, C-4, PE4, Semtex, Nitro-glycerine, Dynamite, and Ammonium Nitrate Fuel Oil (ANFO) are a few common ones we all know about. The newer variants are such things as HMX, which is an insensitive Nitro-Amine high explosive. HMX has a high molecular weight and is currently the world's most powerful chemical explosive. In the main, HMX is the explosive of choice for detonating a nuclear bomb, and is also sometimes used for rocket propellants. Then, there is Octanitrocubane; a truly powerful explosive, which has a twenty to twenty-five percent greater explosive power that HMX. One interesting fact is that Octanitrocubane doesn't require an external oxygen source to decompose, which means it could be used in the vacuum of outer space. The good thing is that there is not much of it about as they have only managed to produce a small

amount, but look out for it in the future, as it has an explosive velocity of 10,100 m/s!

The problems we face is that it's not necessary to have sophisticated material in order to make high explosives; you would be surprised at the chemicals normally found in your own home, the local supermarket or hardware store. The recent bombing and mass killings in Norway by Anders Behring Breivik is a perfect example of how easy it is. Breivik bought around six tons of fertilizer and made up various types of Ammonium Nitrate (when mixed with diesel, this produces an explosive known as ANFO). Variants of ANFO have been used by the IRA in Northern Ireland and ETA in Spain. ANFO was used in both the World Trade Center bombing in 1993 and the Oklahoma City bombing in 1995.



Patrolling in Afghanistan is extremely dangerous, and troops are constantly aware of the IED threat. (Staff Sgt. Adam Mancini)

Improvised Explosive Device (IED)

The IED has supplanted the Kalashnikov to become the insurgent weapon of choice for the 21st century. In 2010, insurgents planted 14,661 IEDs, a sixty-two percent increase over the previous year. During this period (2008-2010), IEDs are known to have caused approximately sixty percent of all fatalities in Afghanistan. IEDs can be assembled by villagers

in their backyard and provides such groups as the Taliban with a very effective way of demoralizing our troops. Ironically, it is what the Stinger surface-to-air missile (supplied by the American Military) enabled the Mujahedin to do to the occupying Soviet forces: knock out their air power and demoralize their army. I think someone at the CIA in Langley forgot the old adage; today's friend is tomorrow's enemy.

However, the IED is so much more. It can be a simple device, nothing more than an old artillery shell with a pressure plate or trip wire to activate it, or it can be complicated or undetectable, especially when it's made of wood or non-reactive material.

Author's Note: I have worked with explosives for many years and have constructed many IEDs, as well as taught their usage and capabilities. The use of IEDs in Afghanistan, which are being planted today, has become an art form. While not as sophisticated as those in Iraq, they tend to be much larger and more effective. Above all, in order to stay in one piece, you need to know what signs to look for and where to look. Remember this one thing I always told my students, if it don't feel right, don't do it, and 'NEVER' touch or pick-up an object in a war zone unless you are absolutely sure its one-hundred percent safe to do so. Finally, never pull a tight pin from any explosive device; blow it in-situ.

With any luck, those who are most at risk from IEDs will have received the full package of what to do and what not to do prior to deployment. The only thing I can add to this is to listen to the voices of experience, the men and women of our armed forces who have just finished their tour. The enemy keeps pace with what we do, i.e., if we find a way of

disarming an IED, they find another way of killing you. The most common types of IEDs are:

- Victim-initiated.
    - This simply means the first person to step on or near the IED will be killed or severely injured; makes no difference if it is a soldier, Afghan civilian, or child. The IED requires no command wire or wireless detonation, just a simple pressure plate. Manufactured mines, both anti-tank and personnel, left over from the Afghan war with the Soviet Union fall into this category.
- Command-detonated requires a trigger man to sit and wait for his victims. The IED is detonated either by a hand wire cable connected to a battery or remote-controlled via a wireless signal such as a cell phone. This means the IED is selective in who it kills.
- Suicide IEDs are set off by an attacker wearing an explosive vest or driving a vehicle laden with explosives (vehicle-borne IED). This is by far the most effective type of device, as the suicidal operator can detect and select the best target. In the event that he has more than one target, he can switch to what will cause the most damage.

Major supply routes (MSR) are frequently cleared of IEDs, and in some cases a watch is kept on the route. Nonetheless, there are times when you will be driving or walking along a route that possibly has an IED planted, maybe even more than one. Look for unusual activity patterns or changes in normal community movement (fewer people or vehicles in a normally busy area, open windows, or the absence of women or children). Vigilance is the key and there are many things you should look out for:



Once an IED has been detected it must be revealed and destroyed.

- When out on patrol, study the amount of locals around you or traveling on the same road or pathway. The Taliban are not keen on blowing their own people up (unless they don't cooperate). If an IED has been planted, the chances are they will tell the local villagers or towns-people to stay clear.
- The local population may know of a newly planted IED and will use markers to identify it, such as tires, rock piles, ribbon, new graffiti symbols, or writing on walls and buildings. The same markers could be used by the trigger man who is using it as an aiming reference.
- The enemy will rarely plant victim-initiated IEDs close to locally populated areas. But this is not to say they will not use a command-detonated IED, which is detonated directly under your vehicle or patrol. Selective targets have been blown to bits while traveling among the busy highway where jingle trucks, taxis, and coalition forces are all in high numbers.
- If the enemy knows you're going to be traveling to a certain point via a specific route, then there's a good chance they will plant an IED. Maintain good security

discipline. NEVER say to a friendly local 'we will be back tomorrow,' because you won't be!

- On dirt roads, the enemy can plant an IED in a matter of minutes, while on a metal-bordered road this will be much harder. Quick, opportune target IEDs are normally easier to spot than one which has been planted with care.
- Watch for vehicles following a convoy at a distance and then suddenly pulling to the roadside, people standing on an overpass, or vehicles flashing headlights.
- The enemy has been known to record their actions, so be aware of anyone using a video camera nearby.



Dealing with IEDs is one of the most dangerous tasks the military must face. (Sgt. Michael J. MacLeod)

IED Prevention

Defeating the IED infrastructure requires a whole army of different approaches. It necessitates the need for good intelligence, so we can locate the IED factories and raid them. It needs a strong technical element of counter-IED detection and deactivation. It also requires excellent training and dissemination of all that is known about IEDs to the war fighter on the ground. The growth of the robotics industry

has done much to elevate the need for humans to venture close to an IED. The use of robotics on the battle field has grown mainly in support to counter the IED threat. An estimated $24.6 billion is being spent on new electronic techniques to defeat IEDs. Their preventative methods include:

- Protecting the war fighter with better clothing and equipment.
- Improvement in vehicle armor.
- Imaging techniques that can identify or indicate the location of an IED.
- Surveillance of key areas.
- Radio jamming on commonly known triggering devices, such as cell phones, walkie-talkies, and car door fobs.
- Chemical detection of explosives on the hands of local suspects.
- Ground penetrating radar.
- Deployment of rapid UAV strikes.
- Specially trained search dogs.

Search Dogs

It is worth a small paragraph to mention the work done by specially trained search dogs and their handlers. These teams go a long way towards minimizing the risk posed by IEDs and other explosive devices to the war fighter. While there are numerous robotic machines on the battle field, dogs can go where machines cannot. Most will work off leash and out in front of the handler. They are not aggressive to the local population and their mild manner is normally well received. Breeds such as Labs and Spaniels are ideally suited to the task, and after training, they are not influenced by gun fire, but go boldly sniffing around. The good thing about a dog is that it is not affected by human emotions or peripheral factors. They serve in the capacity of detecting

IEDs, explosive hides, and other bomb making equipment (and are excellent at this).

While there remains no real answer to the detection of IEDs, other solutions, especially the prevention of injury, has progressed. Both the American and British army has supplied ‘ballistic boxers’ to soldiers working in Afghanistan. Officially known as protective underwear, they are made from heavy duty silk. Silk has been used for centuries as a form of protection, when knights would wear silk garments under their chain-mail. Many soldiers in the army of Genghis Khan would wear several layers of silk, which was enough to stop an arrow or deflect a sword.

In addition to silk, some soldiers also have extra protection for the genitals; this comes in the form of a codpiece or cup which fits in the genital area (but is very uncomfortable). Extra Kevlar plates can also be inserted to help protect the two arteries that run up the inside of both legs.



Search dogs play a significant role in the detection of IEDs. (Pfc. Jesus J. Aranda)

Author's Note: It is worth relating the story of Lance Corporal Kenneth Michael Rowe of the Royal Army Veterinary Corps, attached to 2nd Battalion of the Parachute Regiment. This dog handler, at age twenty-four, died on Thursday, July 24 2008, on a routine patrol operating from Inkerman in the Sangin area of Helmand Province. The patrol came under heavy enemy fire resulting in Rowe's death and five other soldiers being injured. His explosives sniffer dog, Sasha, was also killed in the incident.



Blast Boxers protect the soldier's groin area from serious damage when an IED explodes, giving them a fighting chance of survival. (BCB Int. Ltd.)

While the ballistic underpants will not stop a bullet or large shrapnel; they do prevent a lot of the sand and other debris thrown up by the blast entering the wound area, i.e., the genitals. It may seem a little frivolous talking about the possibility of losing two lower legs and an arm in the blast, but the idea is to keep the soldier alive and in a state where

he or she can be repaired. Advances in repairing IED amputations are truly outstanding. Soldiers that would have died just a year ago are now being saved. However, while flesh and bone can be replaced by metal and plastic, the groin area is a different subject altogether. Serious damage up and inside the genital cavity is difficult to repair and death is almost certain.

One company is selling a set of underwear called 'Blast Boxers,' which are designed to protect against IEDs. Blast Boxers are manufactured both in Europe and America. They are constructed from Kevlar fabric that purportedly protects soldiers in areas where standard body armor is absent. Weighing in at just under seven ounces, the Blast Boxers are lightweight and comfortable, as all the stitching is done on the outside. Their main job is to shield the femoral artery, which is located in the thigh and when severed, produces rapid blood loss. They also help protect against a ruptured colon or loss of genitalia (which is a major plus in any man's book).

On Discovery of an IED or Possible IED

When it comes to IEDs and bombs, no matter if you are a soldier or a civilian, if you spot something unusual, no matter how trivial it may seem–**CALL IT IN.**

For those soldiers that enter a war zone where IEDs are prevalent, it is almost certain that they will receive good training in the practice of dealing with the situation. However, many others that enter a war zone will not be so prepared (personnel working for NGOs and AID agencies may only have an inkling of what to do). Advice on dealing with IEDs is constantly changing, as more intelligence comes to the forefront. However, I have outlined a simple procedure below, which at worst should keep you alive.

- Clear the immediate area.

- Watch which way you move and the cover you take; secondary IEDs may be present.
- Establish a cordon: 300 meters for a small device, 1,000 meters for a vehicle-borne device.
- Request explosive ordnance disposal (EOD).
- Maintain observation of the device until EOD is on the scene.
- Inform your command of the following:
  - Your Unit call sign–organization.
  - Time the IED was found.
  - IED type, if known.
  - Eight figure grid reference, or close GPS location.
  - Contact location and route in to meeting point.
  - Any immediate threat, to personnel, property or mission.



IED wounds are simply horrendous; despite this, through the brilliance of our surgeons, many survive.

Immediate Treatment for IED casualty

When an IED is initiated, anyone within the immediate vicinity will be caught up in the blast. If the detonation was caused by victim-initiation that person will almost certainly

lose at least one limb, more likely two, sometimes even three or four. The limb that steps on the mine will take the blast, with the other limb coming in at a close second. The outstretched arm holding the rifle is also at risk, as is the groin area. Most current IEDs are powerful enough to remove one limb, if not several.

Damage caused by an IED includes immediate amputation of extremities, contusions, ruptures, lacerations/punctures/avulsion, fractures, subdural hematoma, concussion (traumatic brain injury), burns, loss of hearing, flash blindness, etc.

The speed at which the injured soldier can be moved from the point of IED impact to the hospital is vital to his or her life. Where there is more than one victim, effective triage is crucial. Those victims with a good potential for survival should receive immediate medical attention, while those with a poor diagnosis for survival should receive minimal care but with maximum pain control. Soldiers with lesser injuries should be checked and placed in order of injury degree.

All trauma care should start with the ABC (Airway, Breathing, and Circulation). Once the victim is stabilized, as much history as possible should be obtained. A systematic physical examination should be performed with the patient completely naked and exposed. The finding of the examination will address the priority of recovery procedure (see Chapter 12).

TERRORISM

While we talk of wars and civilian unrest, we must also include acts of terrorism. Without a doubt, modern terrorism poses a much greater threat than it has in the past, as modern weapons bring the threat of nuclear, chemical, and biological attack within the grasp of radical terrorist organizations. Terrorism is not only on the rise; it has increased in brutality, producing ever more casualties. For

example, the hijackings of the late 1960’s produced few casualties, compared with those incidents that have taken place at the start of the 21st century. The attacks on America, the Bali bombing, the Chechen siege in Moscow, and the bombings in London are all evidence of this. Such incidents provide governments with an insight into the future of terrorism by indicating what is feasible.

We must recognize that a new breed of terrorist has emerged; one that has developed outside the normal target confines. Remember, a terrorist is a person, not some ghostly aberration. They think, learn, adapt, and improve.

The Possibilities

Nuclear bombs, nerve gas, suicide bombers, assassinations, and even conventional warfare are all possibilities open to a terrorist group. In reality, most of these possibilities are restricted by governing factors. While it is possible in theory to construct a nuclear bomb, it is almost impossible in practice. Therefore, it will be a long time before we see a terrorist group with its own nuclear bomb. Unfortunately, the same cannot be said for biological or chemical agents, some of which, although highly dangerous, are simple to produce. The Sarin gas attacks on the Tokyo subway in March 1995 is one example.

For the moment, the growth of terrorism remains within the realms of the suicide bomber, IEDs, and shootings. Used intelligently, the suicide bomber offers any terrorist organization a weapon with a perfect guidance system and full stealth facilities. The suicide bomber is able to identify its target with one hundred percent accuracy. If threatened or prevented from acquiring its primary target, they can abort, and go immediately to a secondary target without being re-programmed. The lethality of a suicide bomber is indefinable.



Terrorists normally target crowded places or high value targets. This picture shows the damage caused by an IRA bomb on a hotel where the British Prime Minister was staying. (Barry Davies)

Why Does Terrorism Exist?

I have spent most of my life fighting terrorism, but I have always found it difficult to define, let alone understand it. Like the rest of us, I have made comments and judgments, while ignorant of some very basic facts. The problem for most people is being able to understand the layered history of each terrorist group as it is defined by its individual

struggle. For example, in the conflict between the Israelis and the Palestinians, awareness of their past history prior to 1948 influences comprehension of the situation created by the establishment of modern Israel. I make no apologies for my simplistic version of events, nor do I swear to the dates, but it does clarify and set the scene of how a terrorist conflict can be created.

We all usually feel that our governments are doing their best, acting on our behalf to provide us with a stable society, controlled by laws, and enforced by penalties. Yet, not everyone agrees with the government, and therefore seeks to make changes. When these changes cannot be made via the ballot box, some try to make changes by force of arms. Sometimes, governments interfere in the domestic affairs of other countries, this too can spout terrorist activity.

I have long pondered why people turn to terrorist acts as a means of expression or defiance, where in all cases, it is the innocent that suffer. There are many definitions and reasons why terrorism exists, but the question is who is the terrorist, and who is the victim? What happens when the ‘good guys’ deliberately commit acts of terrorism? Since September 11, 2001, America has seen itself as the victim of terrorism; yet this same nation is equally guilty of terrorism and vicious, heartless violence. Which brings me back to the original question: how can we define a word for terrorism when the execution of military actions taken by governments is, in the expression of violence, equal or greater to that of any terrorist act?

In 1950, Jacobo Arbenz Guzman became the second legally elected president of Guatemala. His first task was to change the rules under which a minority select elite had previously governed. These changes included the recognition of the Guatemalan Communist and some serious land reforms which threatened U.S. companies, like the powerful United Fruit Co. America did not see the democratically elected President as an ally, and therefore set

about organizing his downfall. This task was given to the CIA (Operation PBFORTUNE) and a plan of action was developed that included assassination plots and sabotage. The CIA planned to attack Jacobo Arbenz Guzman from all angles, but mainly the campaign was aimed at undermining the backing of the Guatemalan military which Arbenz needed in order to control the country. The CIA succeeded and in 1954, as Arbenz relinquished power to the military, which was later seen by America as the only power capable of maintaining order. After the coup, the CIA (Operation PBHistory) collected over 150,000 documents to establish the direct link between Guzman and the Soviet Union. (There was none!)

In the aftermath, the military junta was nothing more than another dictatorship: do as we say or you will be killed. When a small insurgency developed, Guatemala's U.S. equipped and trained military let loose a savage wave of repression that left thousands of peasants dead. This oppression has lasted forty years, totally destroying the fabric of Guatemalan society and causing the death or disappearance of almost a quarter of a million people. This type of story is not new. Ask any Special Forces soldier and he will tell you that they have all participated in something similar.

> *"As a CIA operative, I trained Guatemalan exiles in Honduras to invade their own country and unseat the elected president ... . The coup I helped engineer in 1954 inaugurated an unprecedented era of intransigent military rule in Central America. Generals and colonels acted with impunity to wipe out dissent and garner wealth for themselves and their cronies .... Later I realized we weren't fighting communism at all, we were fighting the people."*
>
> –Philip Roettinger, a retired U.S.
> Marine Corps Colonel and CIA operative

On January 27, 1971, Arbenz, now living in Mexico, died in his bedroom. The Guatemalan government signed an agreement with his surviving family in 2011 to restore his legacy and publicly apologize for the government's role in ousting him.

Oppression, tyranny, dictatorship, political motivation, and religious zeal all play their part in promoting terror; yet in all my years of fighting terrorism, the best and closest quote that answers 'why does terrorism exist' is one given by a terrorist leader himself.

> " … In today's world, no one is innocent, no one is neutral. A man is either with the oppressed or he is with the oppressor. He who takes no interest in politics gives his blessing to the prevailing order that of the ruling classes and exploiting forces … "
>
> –George Habash, Leader of the Popular Front for the Liberation of Palestine

You can put George Habash's words into a simple scenario that is factual. Let us reduce the problem to one of them or us.

There are only one hundred people on the planet of which ten are terrorists; they want everyone to join their religious sect. They bombed and killed five of our number last month, this month their success has been more fruitful as they have managed to blow up another eighteen, including five children. Everyone was very angry. We have tried all the normal things like negotiations, peace talks, giving into their demands and threats of retaliation without actually carrying them out. We even took two of them into custody but these had to be released when they threatened to blow up a school bus. At the present rate of attrition, the good guys will be powerless within a period of six months.

Then one of the good guys asks, 'Why don't we fight back. We know that of the ten terrorists only two are the real

instigators. Let’s kill them and the problem goes away.’

‘Kill them. Are you mad? We will not sink to their level!’ So the larger group gave their blessing to the prevailing order but still remain the weaker group.

Terrorism in Perspective

On October 12, 2002, at 11:05 p.m., huge explosions tore apart the peace of the idyllic island of Bali. This tropical island, with its beautiful beaches and friendly people had long been a holiday magnet for young people from around the world (especially Australians). Many Australians were in the Kuta, enjoying the nightlife and music of the bars and nightclubs. Some were having a drink in Paddy’s Bar, the prospect of terrorism the furthest thought from their minds. In just a few seconds that changed forever as a bomb, placed on a stool or table near the DJ’s booth, exploded in a blast that was strong enough to wrench a row of concrete seats from a wall.

Fifteen seconds later, a second massive blast destroyed the nearby Sari Club at Kuta Beach, a popular nightspot packed with clubbers. This bomb had been placed in a white Mitsubishi van parked in front of the building. The blast destroyed the building and caused massive damage to those in the surrounding area. The two blasts killed more than 180 people and injured 300 more, some very seriously.



Aerial shot of the Bali bombing which killed some 202 people, many of which were tourists.

As the bombs had been aimed at soft targets frequented by westerners, terrorism was immediately suspected, with the possibility of Al Qaida being behind it. Subsequent forensic examinations of the scenes revealed that chlorate-based explosives had been used.

Like so many other aspects of everyday life, terrorism is just a part of the fabric which interlaces the individual, social, religious, and national characteristics of human behavior. As with other elements of life, it appears on every continent and in almost every country, even those peaceful countries like Norway. On July 22, 2011, Anders Behring Breivik left a car bomb near the government offices in central Oslo. The blast killed eight people and wounded many others. Two hours later, dressed as a policeman, Breivik arrived on the tiny island of Utoya where hundreds of young people were having a summer camp. He shot and killed sixty nine people, many of them teenagers.

Despite these terrible disasters, we still need to put terrorism into perspective, especially when countering the threat and putting the contributors to death. For example, in 1999, some 500,000 people died in road accidents around the world. In 2006, the CDC reported some 30,000 gun-related deaths in America alone; however, in the previous year some 652,000 died of heart attacks. We should not be afraid of terrorists or terrorism.

How a Terrorist will Strike

A suicide bomber is normally a young person between the age of 20-30; with that said, children as young as six, as well as cripples, have been used by terrorist organizations to deliver suicide bombs. The bomb itself is mainly strapped to their chest, but it can also be transported in a suitcase, child's push chair, or more recently in a backpack. The bombs are normally high explosives surrounded by nails, nuts and bolts, ball bearings, or anything that will kill or maim. The bomb is normally detonated by the bomber themselves, although they have been known to be set off by remote control (this stops them from having second thoughts). The suicide bomber will do their best to blend in with the local people. They will dress in a similar manner, but sometimes you can spot the difference.

Author's Note: It is not easy to prevent a suicide bomber from detonating their bomb and killing many others. Conversely, in the last decade, the majority of suicide bombers are from the Islamic nations. Some consider that their struggle, whether political, religious, or whatever, to be more important than their own lives. Additionally, suicide bombers do not happen overnight, as there is a huge build-up: cautious target planning, the assembly of the bomb, the approach, and finally the personal determination to trigger the bomb.

- The behavior of a suicide terrorist differs from that of people surrounding him (it has to). They may be drugged, sweating, or have pasty skin. The more religious bomber may be whispering a prayer.
- Male-Muslim bombers are normally clean-shaven (preparation for burial ceremony) and will have clean footwear.
- Both male and female bombers will be wearing bulky clothing to conceal the bomb. This this may not fit into the current weather pattern, i.e., it’s a very hot day, but they are wearing a lot of clothing. Some female bombers may also simulate pregnancy to conceal the bomb.
- Clenched fists or any external wiring showing from the hand or clothing.
- People who look out for police, avoid eye contact, or keep touching their chest.
- People perspiring profusely, acting in a nervous manner, or jittery and frequently glancing over their shoulder for fear of pursuit.



The suicide bomber will simply drive or walk to their target–Oslo 2011.
(Source unknown– multiple usage)

- People who return to the same spot each time, especially in a crowded place.

Most people go about their business observing nothing, but some people automatically take note of odd movement. Marketplace stall holders watch the crowd, as do other street vendors; children are also good at observation, but rarely tell their parents what they see.

If you think you have spotted a suspicious person, do not attempt to attack them yourself. If a suicide bomber suspects any danger of discovery they will almost certainly detonate the bomb. You should leave the danger zone and notify the nearest policeman or security agent. If at all possible, continue to keep an eye on the suspect; at the very least, be able to give a good description.

What to Do During a Bomb Attack

While soldiers suffer the threat of IEDs, many civilians become caught up in terrorist bombing campaigns. Most terrorist explosions take place in crowded areas with little or no warning, and the effects are always horrific. If you find yourself in the immediate vicinity of a bomb blast, your main priority is to get out of the area. This increases your chances of survival in case a second device is set to go off once the rescue services arrive. It also reduces your exposure to smoke, dust or any hazardous gasses that may be released as a result of the blast. Many survivors of 9/11 in the U.S. have subsequently died of mystery cancers thought to be related to the inhalation of particulates from the collapsed buildings. By removing yourself to a safe area, you are also making the way clear for the rescue services that will then be better able to assist those who are critically injured and cannot move.

If you are given a bomb warning, it is your clear duty to evacuate as soon as possible. However, if you are in a building when a bomb goes off, seek shelter under a sturdy table or desk. Once the immediate danger has passed and you are able to do so, exit the building as quickly and safely as possible. There may have been damage to the building structure so you are advised to use the stairs and NOT the elevator (in some high-rise buildings, the elevator may be your only viable option).

- Do not stop to retrieve personal effects, make phone calls, etc.
- Assist others if needed.
- Once outside, move away to a safe area, and avoid secondary hazards such as loose lumps of masonry or glass falling on you.
- Keep moving until you reach emergency officials or a known safe area.

- In many cases, secondary explosions may have been planted; these are normally designed to disrupt the rescue services.
- While you will want to call home, your friends, or check on work colleagues, minimize your voice calls and use text. After a major disaster, the networks become overloaded, which is why they are switched off.
- Cover your nose and mouth with anything you have on hand to limit inhalation of dust or other hazardous materials.

If you are trapped in a building, a room, or your escape route is blocked, remain calm. Avoid any unnecessary movement that will disturb the dust, letting it settle so you can see. Most buildings are made of concrete, so the risk of serious fire after a bombing is unlikely, but certain furniture, especially curtains, may be on fire. Water pipes may burst and parts of the building structure may be missing or fractured. If you are trapped, carry out the following:

- If there is a fire and it is too big for you to deal with, move away from it.
- Likewise, if you're current location is hazardous, can you move to a safer location?
- Ascertain if you are alone or if there are others nearby.
- Do you or anyone close require immediate medical attention?
- Signal your location to others: shout, use a flashlight, or whistle. Tap on radiators or pipe work, as this will echo through the building.
- Assess your situation before taking any action.
- Your goal is to clear the building by the safest means possible.
- If you are forced to wait for the rescue services, sit tight and do exactly what they tell you.

Terrorists have a nasty habit of picking targets where it is difficult for the rescue services to get to. The bombings in March 2004 at Atocha Station in Madrid killed 191 people and wounded 1,800 more. A year later, 52 people were killed and a further 700 were injured when the London underground was bombed. If you are on a train or in the subway and a bomb goes off:



Sometimes it's impossible to protect yourself against bombing. (DoD)

- Unless you are in immediate danger, you should remain in your train car until rescue services arrive.
- Open windows or doors if possible, and if it is safe to do so, because it can reduce the severity and number of injuries from a possible secondary explosion.
- Tend to any wounded and make them comfortable. Call for anyone with medical experience in the train car (see Chapter 12).
- If you are in danger and have to move, decide which route you should take to the nearest sub-ground station platform or above ground exit. Walking down the side of the track is not a good idea as there are many hazards, not least electricity, which may not be switched off.

HIJACKING

Hijackings started way back in the early 1970's and caught the world off guard. The concept of taking an aircraft full of people and then holding them ransom was a unique idea that quickly caught on with terrorist groups around the world. While the aircraft was in the air, the terrorists were in control, and while on land, they still had the hostages neatly contained and ready to use as bargaining chips. Add to the problem was the fact that many international flights contained people of several different nations.

The initial format for a hijacking was to make demands; the release of captured terrorists from jail was a main one, that and the demand for a large amount of money. The early days of hijacking had a dramatic effect on the world, one which cumulated in the destruction of five aircraft at Dawson's field on September 12, 1970.

However, governments of the world were getting wise to this threat and soon organized specially trained anti-hijack teams. The first great result was the courageous assault by Israeli forces in Entebbe, Uganda. They mounted an operation that could have come direct from the pages of a modern thriller, and was a major turning point in stopping hijackers. A year later the PFLP hijacked a German Lufthansa 737 bound from Palma De Mallorca to Frankfurt. Once again, the German Special Forces tracked it down and successfully assaulted the aircraft.

During these days, several people were killed as a result of hijackings, but by and large the numbers were not high. But when hijacking returned in September 2001, it was to a whole new ball game. Gone were the demands for freedom and money, as the terrorists had a new strategy: convert your hijacked aircraft into a flying bomb.



Terrorist survivor after the hijack at Mogadishu, defiant to the end. (Barry Davies)

Author's Note: In mid-October 1977, I was in charge of a group of British SAS counter-terrorist soldiers, who had spent the previous week checking out aircraft layouts and entry points at Heathrow airport. I will not bore you with the details, but myself and Alistair Morrison were sent by the British Government to assist the German GSG9 (anti-terrorist team) and eventually finished up in Dubai where the hijacked 737 was now sitting. After a few days of chasing the hijacked aircraft around the Middle East, we finally had it pinned down in Mogadishu. We arrived in Mogadishu around midday to find the hijacked aircraft still sitting on the runway. Around midnight, we assaulted the aircraft, killing three of the four terrorists and putting seven bullets in the fourth. Although the pilot had been

murdered two days earlier, all the remaining passengers were saved, with a few minor injuries. This nailed most of the hijacking for several years.

Early morning of September 11, 2001 saw two hijacked 767 aircrafts fly into the World Trade Center in New York City. The attacks were coordinated and well planned, and the resulting carnage claimed the lives of 2,752 people.

How to React in a Hijack Situation

I just know I am going to get into trouble for writing this, but it's what I would advise. At the height of hijacking in the 1970's, you stood a very good chance of staying alive. Plus, at the time, my advice would be to sit in your seat, don't make yourself obvious, and wait it out. But since the assault on America, I cannot say the same. The odds are that if you are on an aircraft that is hijacked, you will die.

Thankfully, airport security is much improved, and search techniques are carried out with due diligence. That said, if you really wanted to get a gun or bomb onboard an aircraft, it is not that difficult. It is possible to sneak a few innocent items onboard, and buy the rest in the Duty Free shop if you need to make a bomb. Knives are openly sold or can be obtained in many airport kitchens. So my advice, if you are caught up in a modern day hijack, would be to 'have a go.' Let's face it, if the terrorists are hijacking the aircraft to simply fly it into a major building, you are dead anyway, so what have you got to lose? Then, how do you go about retaking an hijacked aircraft? It's not as difficult as it might seem. Dangerous? Yes. Physically possible? Yes. There are a few rules you need to learn.

Rules

- Never do anything that will make the aircraft crash or lose control (the only exception is a last ditch stand to sacrifice everyone on-board to save hundreds on the ground).

- Know what you are facing. ‘Knowledge Dispels Fear.’ There is normally an average of four terrorists when a hijack occurs. Can you identify all of them and their positions?
- What weapons do they have? Guns / bombs / knives?
- Who can help you? (The average aircraft holds around 300 passengers, of which half are men.)
- Are you in a position to form an alliance with others, and develop a plan (do this without scaring anyone; some people will panic and scream to the terrorists)?

So you managed to talk several others into a plan, and to ‘have a go’ at overcoming the terrorists. What are your priorities? This will all depend on the terrorists and how they are armed. Basically, what are they threatening you with? It is difficult for terrorist to sneak explosives on board, and trying to conceal a grenade is just as impossible; guns and knives are much easier and are likely to be your main theat. But do you know how many guns or knives you have to face? The next thing is terrorist positions. Generally, they will split up in order to better control the passengers, but the leader will almost always be up front either in or close to the cockpit so he can control the whole operation via the pilot.

Once you have the answer to these questions, you can develop a plan. Again, in order to be successful, you need to have priorities. Here are a few tips:

- Always work in pairs. Two men can overcome a single man quite easily, and a three man team is even better. The lead guy may get shot or stabbed, but in general, you will be very unlucky to find yourself fatally wounded. Also, pistols fired, even at close range, are very inaccurate.
- Timing. Do it all together; each team attack one terrorist, but only after the main team has closed with the terrorist leader.
- Your priority is to take out the terrorist leader in or near the cockpit. Take control of the cockpit doorway and

defend it with your life. Make sure that either the captain or co-pilot remains alive. Let the captain know you're the good guys.

- Start your attack with a diversion. For example, have one of the women scream and jump up and down as if she is having a fit. In many cases this will bring at least two of the terrorists close enough to see what's happening and re-establish control. Seize the moment!
- Move with speed and aggression. Together with your courage, these are the only weapons you have.
- Do not hesitate. Do not try to talk or argue with the terrorists. Simply have your team close as fast as possible, take whatever they throw at you and take them down. Kill if you have to.

Once again, this book is not large enough for me to teach you a lot about anti-hijacking, but there are a couple of things you should know. The first is that most handguns can be stopped from firing if you push back on the top slide. If you have to grab a gun, always push it downwards. Hits in legs will hurt, but rarely kill you. Same goes for a knife; take any thrust to the arms. Finally, it has been my experience that no matter how dedicated a terrorist is to their cause, at the point when another human is directly threatening their life, they will lose focus for a few moments– that is your time.

If you 'have a go', you will succeed. In the worst case scenario, the terrorists will remain in control, and you're all going to die. If you try and fail, at least die with the knowledge that you have saved hundreds of lives on the ground. Added to which you will deter further hijackings in the future.

Remember, of the four aircraft that were hijacked in September 2001, two were flown into the twin towers of the World Trade Center, causing nearly 3000 deaths. One was flown into the side of the Pentagon, causing another 189 deaths, but the fourth one is believed to have been brought

down by the passengers. While all forty-four passengers and crew abroad were killed, no lives were lost on the ground.



Secretary of Defense Donald H. Rumsfeld lays a wreath at the crash site near Shanksville, Somerset County, Pennsylvania. The hijack was thwarted by passengers who tried to regain control–it cost them their lives, but saved countless others. (DoD)